

MARK WEST UNION SCHOOL DISTRICT

LUNCH MENU

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries- <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos - <i>Original Popped Chips</i>	Chicken Tamale w/ Seasoned Corn	Deep Dish Pizza
SANDWICH OF THE DAY				
Turkey & Cheese Torta <i>Side of Baked Fries w/ Ketchup</i>	Turkey Breast Sandwich on Whole Grain Roll - <i>Mayonnaise</i> <i>Baby Carrots 1/2 cup</i>	<i>Smoked Turkey & Cheese</i> <i>Sandwich on Knot Roll</i> <i>Garbanzo Bean & Corn Salad</i>	Italian Turkey Submarine <i>Baby Carrots (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll
FEATURED ENTRÉE OF THE DAY				
3 Hot Dog Oven Baked Fries <i>Ketchup</i> Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	4 Chicken Alfredo Pasta w/Steamed Broccoli <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	5 Chicken Fajitas w/ Refired Beans Vegetable Blend <i>Whole Grain Tortillas</i> <i>Celery Sticks (1/4 c)</i> <i>Seasonal Fruit</i>	6 Chicken Teriyaki Not So Fried Rice <i>Baby Carrots (1/4 c)</i> <i>Apple Sauce</i>	7 NO SCHOOL
10 NO SCHOOL	11 Chicken Enchiladas w/Creamy Green Salsa <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	12 Turkey & Bean Chili <i>Corn Loaf</i> <i>Cucumber Slices (1/4 c)</i> <i>Seasonal Fruit</i>	13 Chicken Nuggets w/ Mashed Potatoes <i>Baby Carrots (1/4 c)</i> <i>Seasonal Fruit</i>	14 BBQ Beef Rib-A-Que <i>Romaine Salad w/ Ranch Dressing</i> <i>Seasonal Fruit</i>
17 NO SCHOOL	18 Firecracker Chicken - Yakisoba Noodles <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	19 Chicken Burrito Bowl w/Pinto Beans & Rice <i>Celery Sticks (1/4 c)</i> <i>Seasonal Fruit</i>	20 Baked Ziti w/ Meat Sauce <i>Baby Carrots (1/4 c)</i> <i>Apple Sauce</i>	21 Beef, Bean & Cheese Burrito <i>Hot Sauce</i> <i>House Salad w/ Italian (1 c)</i> <i>Seasonal Fruit</i>
24 Grilled Chicken Sandwich Oven Baked Fries <i>Honey Mustard</i> Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	25 Penne & Meatballs w/Tomato Basil Sauce <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	26 Chicken Fajitas w/ Refired Beans Peppers & Corn <i>Whole Grain Tortillas</i> <i>Cucumber Slices (1/4 c)</i> <i>Seasonal Fruit</i>	27 Breakfast for Lunch: Pancake, Turkey Sausage & Seasoned Potatoes <i>Baby Carrots (1/4 c)</i> <i>Seasonal Fruit</i>	28 Mac & Cheese <i>Romaine Salad w/ Ranch Dressing</i> <i>Seasonal Fruit</i>
All entrées served with choice of 1% milk, fat free or chocolate milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider.				

Menus are subject to change without notice.