

MARK WEST UNION SCHOOL DISTRICT

Breakfast Menu

September 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| | | | | 1 Cherrios Cereal w/ Honey Grahams Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk |
| 4 | 5 | 6 | 7 | 8 |
| No School | Vanilla Concha | Cinnamon Chex Cereal w/ Honey Grahams | Blueberry Muffin | Cherrios Cereal w/ Honey Grahams |
| LABOR DAY Holiday | Cinnamon Crumble Apple Whole Fruit Milk | Berry Apple Crisp Bar 100% Fruit Juice Whole Fruit Milk | English Muffin Breakfast Banana Whole Fruit Milk | Bagel w/ Cream Cheese Pear Whole Fruit Milk |
| 11 | 12 | 13 | 14 | 15 |
| Frosted Flakes Cereal w/ Honey Grahams | Vanilla Concha | Cinnamon Chex Cereal w/ Honey Grahams | Vanilla Muffin | Cherrios Cereal w/ Honey Grahams |
| Mantecada Sweet Bread Orange Whole Fruit Milk | Orange Whole Fruit Milk | Cinnamon Roll 100% Fruit Juice Whole Fruit Milk | Banana Whole Fruit Milk | Cranberry Oatmeal Round Pear Whole Fruit Milk |
| 18 | 19 | 20 | 21 | 22 |
| Frosted Flakes Cereal w/ Honey Grahams | Vanilla Concha w/Pear | Cinnamon Chex Cereal w/ Honey Grahams | Lemon Muffin | Cherrios Cereal w/ Honey Grahams |
| Cinnamon Delight Bar Orange Whole Fruit Milk | Yogurt Parfait w/ Berries Orange Whole Fruit Milk | Banana Bread 100% Fruit Juice Whole Fruit Milk | Banana Whole Fruit Milk | Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk |
| 25 | 26 | 27 | 28 | 29 |
| Frosted Flakes Cereal w/ Honey Grahams | Vanilla Concha | Cinnamon Chex Cereal w/ Honey Grahams | Blueberry Muffin | Cherrios Cereal w/ Honey Grahams |
| Cinnamon Crumble Orange Whole Fruit Milk | Orange Whole Fruit Milk | Berry Apple Crisp Bar 100% Fruit Juice Whole Fruit Milk | Banana Whole Fruit Milk | Bagel w/ Cream Cheese Pear Whole Fruit Milk |

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.



MENU SUBJECT TO CHANGE WITHOUT NOTICE

Lunch Menu

September 2023

| WEEKLY 5 FAVE | | | | |
|--|--|---|---|--|
| Cheeseburger Oven Baked Fries | Baked Ziti w/ Meat Sauce | Chicken Tamale w/ Seasoned Corn | Turkey Nachos Poptillas Chips | Deep Dish Pepperoni Pizza |
| SANDWICH OF THE DAY | | | | |
| Turkey & Cheese Torta <i>Side of Baked Fries</i> | Smoked Turkey & Cheese Sandwich on Knot Roll <i>Baby Carrots</i> | Chicken Salad Sandwich <i>Celery Sticks</i> | Italian Turkey Submarine <i>Garbanzo Bean & Tomato Salad</i> | Smoked Turkey & Cheese Sandwich on Knot Roll |
| FEATURED ENTRÉE OF THE DAY | | | | |
| | | | | 1 Beef, Bean & Cheese Burrito Romaine Salad w/ Ranch Dressing Seasonal Fruit |
| 4 | 5 | 6 | 7 | 8 |
| LABOR DAY Holiday | Chicken Nuggets w/ Roasted Potatoes | Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots | Chicken Burrito Bowl w/ Black Beans & Rice | Hamburger |
| No SCHOOL | Baby Carrots | Celery Sticks | Jicama Sticks | Lettuce, Tomato, Pickle Kit |
| | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| 11 | 12 | 13 | 14 | 15 |
| Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet | Chicken Teriyaki Not So Fried Rice w/ Steam Carrots | Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes Syrup | Chicken Fajitas w/ Pinto Beans Tortillas | Macaroni & Cheese |
| Baby Carrots | Baby Carrots | Celery Sticks | Cucumber Slices w/ Tajin | Romaine Salad w/ Ranch Dressing |
| 100% Fruit Juice | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| 18 | 19 | 20 | 21 | 22 |
| Chicken Patty Burger Oven Baked Fries | Chicken Alfredo Pasta w/ Steamed Broccoli | Chicken Enchilada w/ Creamy Green Salsa | Turkey & Bean Chili Poptillas Chips | Beef, Bean & Cheese Burrito |
| Baby Carrots | Baby Carrots | Celery Sticks | Jicama Sticks | Romaine Salad w/ Ranch Dressing |
| 100% Fruit Juice | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| 25 | 26 | 27 | 28 | 29 |
| Hot Dog Oven Baked Fries | Chicken Nuggets w/ Roasted Potatoes | Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots | Chicken Burrito Bowl w/ Black Beans & Rice | Hamburger |
| Baby Carrots | Baby Carrots | Celery Sticks | Jicama Sticks | Lettuce, Tomato, Pickle Kit |
| 100% Fruit Juice | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |

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.



MENU SUBJECT TO CHANGE WITHOUT NOTICE