

MARK WEST UNION SCHOOL DISTRICT

Breakfast Menu

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Frosted Flakes Cereal w/ Honey Grahams	Orange Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Delight Bar Orange Whole Fruit Milk	Yogurt Parfait w/ Strawberries Honey Grahams Orange Whole Fruit -Milk	Banana Bread Slice 100% Fruit Juice Whole Fruit Milk	Orange Whole Fruit Milk	Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Blueberry Muffin	HOLIDAY
Cinnamon Crumble Orange Whole Fruit Milk	Orange Whole Fruit Milk	Yogurt Cup w/Honey Grahams 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	No School
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Lemon Muffin	Cinnamon Chex Cereal w/ Honey Grahams
Mantecada Sweet Bread Orange Whole Fruit Milk	Yogurt Parfait w/ Blueberries Honey Grahams Orange Whole Fruit Milk	Banana Bread 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Bagel w/ Cream Cheese Pear Whole Fruit Milk
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
THANKSGIVING BREAK NO SCHOOL				
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Vanilla Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Delight Bar Orange Whole Fruit Milk	Orange Whole Fruit Milk	Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

MENU SUBJECT TO CHANGE WITHOUT NOTICE



This institution is an equal opportunity provider.

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Lunch Menu

November 2023

WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce	Chicken Tamale w/ Seasoned Corn	Turkey Nachos Poptilla 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				
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Chicken Patty Burger Oven Baked Fries <i>Baby Carrots</i> <i>100% fruit Juice</i>	Chicken Alfredo Pasta w/ Steamed Broccoli <i>Baby Carrots</i> <i>Seasonal Fruit</i>	Chicken Enchilada w/ Creamy Green Salsa <i>Celery Sticks</i> <i>Seasonal Fruit</i>	Turkey & Bean Chili Poptilla Chips <i>Jicama Sticks</i> <i>Seasonal Fruit</i>	Beef, Bean & Cheese Burrito <i>Romaine Salad w/ Ranch Dressing</i> <i>Seasonal Fruit</i>
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Hot Dog Oven Baked Fries <i>Baby Carrots</i> <i>100% fruit Juice</i>	Chicken Bites w/ Mashed Potatoes <i>Baby Carrots</i> <i>Seasonal Fruit</i>	Chicken "Poptilla" Soup Original Poptilla Chips <i>Celery Sticks</i> <i>Seasonal Fruit</i>	Chicken Burrito Bowl w/Black Beans & Rice <i>Jicama Sticks</i> <i>Seasonal Fruit</i>	Holiday NO SCHOOL
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Chicken Patty Burger Oven Baked Fries <i>Baby Carrots</i> <i>100% fruit Juice</i>	Chicken Alfredo Pasta w/Steamed Broccoli <i>Baby Carrots</i> <i>Seasonal Fruit</i>	Teriyaki Chicken w/Yakisoba Noodles Cabbage & Carrots <i>Celery Sticks</i> <i>Seasonal Fruit</i>	Turkey & Bean Chili Poptilla Chips <i>Jicama Sticks</i> <i>Seasonal Fruit</i>	HOLIDAY MEAL Grill Chicken w/Sweet Potatoes, Green Beans, & Dinner Roll <i>Romaine Salad w/ Ranch Dressing</i> <i>Seasonal Fruit</i>
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
THANKSGIVING BREAK NO SCHOOL				
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Grilled Chicken Sandwich Oven Baked Fries <i>Baby Carrots</i> <i>100% Fruit Juice</i>	Beef Bulgogi Brown Rice Steamed Broccoli <i>Baby Carrots</i> <i>Seasonal Fruit</i>	Chicken & Waffle Bites & Seasonal Potatoes <i>Celery Sticks</i> <i>Seasonal Fruit</i>	Chicken Fajitas w/ Pinto Beans Poptilla Chips <i>Cucumber Slices w/Tajin</i> <i>Seasonal Fruit</i>	Beef, Bean & Cheese Burrito <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

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