



MARK WEST UNION SCHOOL DISTRICT Lunch Menu- NOV. 2021



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger w/ Oven Baked Fries	Beef Nachos w/ Tortilla Chips	Chicken Tamale w/Mixed Veg	Cheese Maicotti w/Tomato Basil Sauce	Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Italian Combo on Hoagie Roll Side of Baked Fries w/ Ketchup <i>Mayonnaise</i>	Turkey Ham & Cheese Croissant <i>Baby Carrots Mayonnaise</i>	Chicken Salad Sandwich Celery Sticks	Turkey Ham & Cheese Sandwich <i>Hawaiian Roll w/ Mayo Fruitable Juice</i>	Soybutter & Jelly Sandwich
FEATURED ENTRÉE OF THE DAY				
1	2	3	4	5
No student day	Chicken Teriyaki w/ Chow Mein Noodles	Chicken Nuggets Mashed Potatoes Ketchup	Chicken Burrito Bowl <i>Whole Grain Dessert</i>	Beef Meatball Sub Sandwich
	<i>Baby Carrots</i>	<i>Edamane w/ Tajin</i>	<i>Baby Carrots</i>	<i>House Salad w/ Italian</i>
	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Nectarine</i>	<i>Apple</i>
8	9	10	11	12
Chicken Patty Burger Oven Baked Fries	Baked Ziti w/ Meat Sauce	Build Your Own Turkey Tacos w/ Refried Beans Tortillas & Celery	No School - Veteran's Day	Mac & Cheese <i>Whole Grain Dessert</i>
<i>Oven Baked Fries in meal</i>	<i>Baby Carrots</i>	<i>Pinto Bean Salad</i>		<i>Kale & Green Apple Salad w/ Ranch</i>
<i>Pear</i>	<i>100% Fruit Juice</i>	<i>Banana</i>		<i>Apple</i>
15	16	17	18	19
Honey-Mustard Grilled Chicken Sandwich Oven Baked Fries- Ketchup	Turkey Chili <i>w/ Original Popped Chips</i>	Orange Chicken w/ "Not So Fried" Rice	Spaghetti & Meatballs	Hamburger <i>BBQ Popped Chips Ketchup</i>
<i>Oven Baked Fries in meal</i>	<i>Baby Carrots</i>	<i>Edamane w/ Hot Sauce</i>	<i>Baby Carrots</i>	<i>House Salad w/ Italian</i>
<i>Pear</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Nectarine</i>	<i>Apple</i>
22	23	24	25	22
No School	No School	No School	No School	No School
29	30	1	2	3
Beef Hot Dog Oven Baked Fries	Chicken Tortilla Soup Tortilla Chips	Chicken Alfredo Pasta w/ Steamed Broccoli <i>Whole Grain Cookie</i>	BBQ Meatballs Original Popped Chips	Chicken Enchiladas w/ Red Sauce
<i>Oven Baked Fries in meal</i>	<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Mixed Green Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Nectarine</i>	<i>Apple</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.