



MARK WEST UNION SCHOOL DISTRICT



Monday

Tuesday

Wednesday

Thursday

Friday

WEEKLY 5 FAVE

Cheeseburger
Oven Baked Fries- *Ketchup*

Cheese Lasagna
w/ *Tomato Basil Sauce*

Beef Nachos
w/ *Original Popped Chips*

Chicken Tamale
w/ *Seasoned Corn*

Beef, Bean & Cheese Burrito
Hot Sauce

SANDWICH OF THE DAY

Turkey & Cheese Sandwich
on *WG Croissant*
Mayonnaise
Oven Baked Fries w/Ketchup

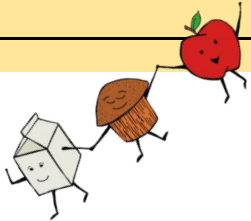
Italian Turkey Submarine
Mayonnaise
Baby Carrots 1/4 cup

Turkey Breast
on *Whole Grain Roll*
Mayonnaise
Garbanzo Bean & Corn Salad

Turkey & Cheese
Sandwich on Hoagie
Baby Carrots (1/2 c)

Smoked Turkey & Cheese Sandwich
on *Knot Roll*
Mayonnaise

FEATURED ENTRÉE OF THE DAY



1
Spaghetti & Meatball
w/*Tomato Basil Sauce*
Baby Carrots (1/4 c)
Seasonal Fruit

2
Chicken Fajitas
w/ *Refried Beans & Peppers*
Whole Grain Tortillas
Jicama Sticks w/Tajin 1/4 c
Seasonal Fruit

3
Chicken Nuggets
w/ *Mashed Potatoes*
Baby Carrots (1/4 c)
Seasonal Fruit

4
BBQ Beef Rib-A-Que
Sandwich
House Salad w/ Italian Dressing
100% Fruit Juice

7
Chicken Patty Burger
Oven Baked Fries- *Ketchup*
Oven Baked Fries in Meal
Seasonal Fruit

8
Chicken Teriyaki
Chow Mein Noodles
Baby Carrots (1/2 c)
Seasonal Fruit

9
Chicken Burrito Bowl
w/ *Rice & Black Beans*
Cucumber w Tajin 1/4c
Seasonal Fruit

10
Albondigas Meatball Soup
Tortilla Chips
Baby Carrots (1/4 c)
Seasonal Fruit

11
NO SCHOOL
Veterans' Day
Holiday

14
Hot Dog
Oven Baked Fries
Ketchup
Oven Baked Fries in Meal
Seasonal Fruit

15
Chicken Alfredo Pasta
w/ *Steamed Broccoli*
Baby Carrots (1/2 c)
Seasonal Fruit

16
Chicken Chili Verde
w/*Pinto Beans & Rice*
Jicama Sticks w/Tajin 1/4 c
Seasonal Fruit

17
Turkey Dinner Special
w/ *Mashed Potatoes & Gravy*
Corn Muffin
Baby Carrots (1/4 c)
Seasonal Fruit

18
Hamburger
Whole Grain Chocolate Chip Cookie
Ketchup
Lettuce, Tomato, Pickle Kit
100% Fruit Juice

THANKSGIVING BREAK- NO SCHOOL

28
Cheeseburger
Oven Baked Fries
Ketchup
Oven Baked Fries in Meal
Seasonal Fruit

29
Spaghetti & Beef Meatballs
w/ *Tomato Basil Sauce*
Baby Carrots (1/2 c)
Seasonal Fruit

30
Turkey & Bean Chili
Tortilla Chips
Jicama Sticks w/Tajin 1/4 c
Seasonal Fruit

NOVEMBER 2022 LUNCH Menu



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.