

# MARK WEST UNION SCHOOL DISTRICT

# February 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
Cheeseburger Oven Baked Fries- Ketchup	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos - Popped Chips	Chicken Tamale w/ Seasoned Corn	Beef, Bean & Cheese Burrito Hot Sauce
<b>SANDWICH OF THE DAY</b>				
Turkey & Cheese Torta Side of Baked Fries w/ Ketchup	Smoked Turkey & Cheese Sandwich on Knot Roll- Mayonnaise- Baby Carrots 1/2 cup	Turkey Breast Sandwich on Whole Grain Roll - Garbanzo Bean Salad	Italian Turkey Submarine Baby Carrots (1/2 c)	Smoked Turkey & Cheese Sandwich on Knot Roll- Mayonnaise-
<b>FEATURED ENTRÉE OF THE DAY</b>				
		<b>1</b>	<b>2</b>	<b>3</b>
		Chicken Burrito Bowl w/ Pinto Beans & Rice Jicama Sticks w/ Tajin (1/4 c) Seasonal Fruit	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes Baby Carrots (1/4 c) Seasonal Fruit	Beef, Bean & Cheese Burrito Hot Sauce Spinach Salad w/ Italian Dressing 100% Fruit Juice
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Hot Dog Oven Baked Fries Ketchup Oven Baked Fries in Meal 100% Fruit Juice	Chicken Alfredo Pasta w/ Steamed Broccoli Baby Carrots (1/2 c) Seasonal Fruit	Turkey & Bean Chili -Corn Loaf Cucumber Slices (1/4 c) Seasonal Fruit	Chicken Tortilla Soup -Tortilla Chips Baby Carrots (1/4 c) Seasonal Fruit	Hamburger -Ketchup - Spinach, Tomato, Pickle Kit Seasonal Fruit
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Lincoln's Birthday Holiday No School	Firecracker Chicken -Yakisoba Noodles Baby Carrots (1/2 c) Seasonal Fruit	Beef Picadillo w/ Black Beans & Rice Celery Sticks (1/4 c) Seasonal Fruit	Chicken Nuggets w/ Mashed Potatoes Baby Carrots (1/4 c) Seasonal Fruit	BBQ Beef Rib-A-Que Lettuce, Tomato, Pickle Kit Seasonal Fruit
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Presidents' Day Holiday No School	Chicken Enchiladas w/ Creamy Green Salsa Baby Carrots (1/2 c) Seasonal Fruit	Chicken Burrito Bowl (Red Salsa) w/ Pinto Beans & Rice Cucumber Slices (1/4 c) Seasonal Fruit	Chicken Noodle Soup Whole Grain Cookie Baby Carrots (1/4 c) Seasonal Fruit	Mac & Cheese Spinach Salad w/ Italian Dressing Seasonal Fruit
<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>
Honey Mustard (packet) Grilled Chicken Sandwich Oven Baked Fries - Oven Baked Fries in Meal 100% Fruit Juice	Penne & Meatballs w/Tomato Basil Sauce Baby Carrots (1/2 c) Seasonal Fruit	Chicken Fajitas w/ Refired Beans Peppers & Corn Whole Grain Tortillas Celery Sticks (1/4 c) Seasonal Fruit	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes Baby Carrots (1/4 c) Seasonal Fruit	Beef, Bean & Cheese Burrito Hot Sauce Spinach Salad w/ Italian Dressing 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.

Menus are subject to change without notice.

