

MARK WEST UNION SCHOOL DISTRICT LUNCH MENU

MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries- <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos - <i>Original Popped Chips</i>	Chicken Tamale w/ Seasoned Corn	Deep Dish Pizza
SANDWICH OF THE DAY				
Turkey & Cheese Torta <i>Side of Baked Fries w/ Ketchup</i>	Smoked Turkey & Cheese Sandwich on Knot Roll- <i>Mayonnaise- Baby Carrots 1/2 cup</i>	Turkey Breast Sandwich on Whole Grain Roll - <i>Garbanzo Bean & Corn Salad</i>	Italian Turkey Submarine Baby Carrots (1/2 c)	Smoked Turkey & Cheese Sandwich on Knot Roll
FEATURED ENTRÉE OF THE DAY				
		1 Chicken Fajitas w/ Refired Beans Peppers & Corn Whole Grain Tortillas Celery Sticks (1/4 c) <i>Seasonal Fruit</i>	2 Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes Baby Carrots (1/4 c) <i>Seasonal Fruit</i>	3 Beef, Bean & Cheese Burrito Hot Sauce Spinach Salad w/ Italian Dressing <i>Orange (1/2 c)</i>
6 Hot Dog Oven Baked Fries <i>Ketchup</i> Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	7 Chicken Alfredo Pasta w/Steamed Broccoli Baby Carrots (1/2 c) <i>Seasonal Fruit</i>	8 Turkey & Bean Chili Corn Loaf Cucumber Slices (1/4 c) <i>Seasonal Fruit</i>	9 Chicken Teriyaki Not So Fried Rice Baby Carrots (1/4 c) <i>Seasonal Fruit</i>	10 Hamburger Ketchup Spinach, Tomato, Pickle Kit <i>Seasonal Fruit</i>
13 Chiken Patty Burger Oven Baked Fries Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	14 Firecracker Chicken -Yakisoba Noodles Baby Carrots (1/2 c) <i>Seasonal Fruit</i>	15 Beef Picadillo w/ Black Beans & Rice Cucumber Slices s/Tajin (1/4 c) <i>Seasonal Fruit</i>	16 Chicken Nuggets w/ Mashed Potatoes Baby Carrots (1/4 c) <i>Seasonal Fruit</i>	17 BBQ Beef Rib-A-Que (in house hoagie) Lettuce, Tomato, Pickle Kit <i>Seasonal Fruit</i>
20	21	22	23	24
SPRING BREAK				
No School				
27 Honey Mustard (packet) Grilled Chicken Sandwich Oven Baked Fries - Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	28 Penne & Meatballs w/Tomato Basil Sauce Baby Carrots (1/2 c) <i>Seasonal Fruit</i>	29 Chicken Burrito Bowl w/Pinto Beans & Rice Celery Sticks (1/4 c) <i>Seasonal Fruit</i>	30 Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes Baby Carrots (1/4 c) <i>Seasonal Fruit</i>	31 Mac & Cheese Romaine Salad w/ Ranch Dressing <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. This institution is an equal opportunity provider.

Menus are subject to change without notice.

