

MARK WEST UNION SCHOOL DISTRICT LUNCH MENU

May/June 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 Pepperoni Pizza
SANDWICH OF THE DAY				
Turkey & Cheese Torta <i>Side of Baked Fries w/ Ketchup</i>	Turkey Breast Sandwich on Whole Grain Roll - <i>Mayonnaise</i> <i>Baby Carrots 1/2 cup</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Garbanzo Bean & Corn Salad</i>	Italian Turkey Submarine <i>Baby Carrots (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll
FEATURED ENTRÉE OF THE DAY				
1	2	3	4	5
Hot Dog Oven Baked Fries <i>Ketchup</i> Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	Chicken Alfredo Pasta w/Steamed Broccoli <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	Chicken Fajitas w/Refried Beans & Corn <i>Whole Grain Tortillas</i> <i>Celery Sticks (1/4 c)</i> <i>Seasonal Fruit</i>	Chicken Teriyaki Not So Fried Rice <i>Baby Carrots (1/4 c)</i> <i>Apple Sauce</i>	Hamburger <i>Ketchup</i> <i>Lettuce, Tomato, Pickle Kit</i> <i>Seasonal Fruit</i>
8	9	10	11	12
Cheeseburger Oven Baked Fries <i>Ketchup</i> Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	Chicken Enchiladas w/Creamy Green Salsa <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	Turkey & Bean Chili <i>Corn Loaf</i> <i>Cucumber Slices (1/4 c) w/Tajin</i> <i>Seasonal Fruit</i>	Chicken Tenders w/ Mashed Potatoes <i>Whole Grain Sugar Cookie</i> <i>Baby Carrots (1/4 c)</i> <i>Seasonal Fruit</i>	BBQ Beef Rib-A-Que (in house Hoagie) <i>Romaine Salad w/ Ranch Dressing</i> <i>Seasonal Fruit</i>
15	16	17	18	19
Chicken Patty Burger Oven Baked Fries <i>Oven Baked Fries in Meal-(3/4 c)</i> <i>100% Fruit Juice</i>	Firecracker Chicken Yakisoba Noodles <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	Chicken Burrito Bowl w/Black Beans & Rice <i>Celery Sticks (1/4 c)</i> <i>Seasonal Fruit</i>	Baked Ziti w/ Meat Sauce <i>Whole Grain Chocolate Chip Cookie</i> <i>Baby Carrots (1/4 c)</i> <i>Apple Sauce</i>	NO SCHOOL NON-INSTRUCTIONAL DAY
22	23	24	25	26
BBQ Grilled Chicken Sandwich <i>Oven Baked Fries</i> <i>Honey Mustard</i> Oven Baked Fries in Meal-(3/4 c) <i>100% Fruit Juice</i>	Penne & Meatballs w/Tomato Basil Sauce <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	Chicken Fajitas w/Refried Beans & Corn <i>Whole Grain Tortillas</i> <i>Cucumber Slices (1/4 c) w/Tajin</i> <i>Seasonal Fruit</i>	Breakfast for Lunch: Pancake, Turkey Sausage & Seasoned Potatoes <i>Syrup</i> <i>Baby Carrots (1/4 c)</i> <i>Seasonal Fruit</i>	Mac & Cheese <i>Romaine Salad w/ Ranch Dressing</i> <i>Seasonal Fruit</i>
29	30	31	1	2
Memorial Day Holiday <i>NO SCHOOL</i>	Chicken Alfredo Pasta w/Steamed Broccoli <i>Baby Carrots (1/2 c)</i> <i>Seasonal Fruit</i>	Turkey & Bean Chili <i>Corn Muffin</i> <i>Celery Sticks (1/4 c)</i> <i>Seasonal Fruit</i>	Chicken Tenders w/ Mashed Potatoes <i>Whole Grain Sugar Cookie</i> <i>Baby Carrots (1/4 c)</i> <i>Apple Sauce</i>	Hamburger <i>Ketchup</i> <i>Lettuce, Tomato, Pickle Kit</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. This institution is an equal opportunity provider.

Menus are subject to change without notice.