

MARK WEST UNION SCHOOL DISTRICT

Breakfast Menu

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cherrios Cereal w/ Honey Grahams
				Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk
4	5	6	7	8
No School	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cherrios Cereal w/ Honey Grahams
LABOR DAY Holiday	Cinnamon Crumble Apple Whole Fruit Milk	Berry Apple Crisp Bar 100% Fruit Juice Whole Fruit Milk	English Muffin Breakfast Banana Whole Fruit Milk	Bagel w/ Cream Cheese Pear Whole Fruit Milk
11	12	13	14	15
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	Cherrios Cereal w/ Honey Grahams
Mantecada Sweet Bread Orange Whole Fruit Milk	Orange Whole Fruit Milk	Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Cranberry Oatmeal Round Pear Whole Fruit Milk
18	19	20	21	22
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Delight Bar Orange Whole Fruit Milk	Yogurt Parfait w/ Berries Orange Whole Fruit Milk	Banana Bread 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk
25	26	27	28	29
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Crumble Orange Whole Fruit Milk	Orange Whole Fruit Milk	Berry Apple Crisp Bar 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Bagel w/ Cream Cheese Pear Whole Fruit Milk

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.



MENU SUBJECT TO CHANGE WITHOUT NOTICE

MARK WEST UNION SCHOOL DISTRICT

Lunch Menu

September 2023

WEEKLY 5 FAVE

Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce	Chicken Tamale w/ Seasoned Corn	Turkey Nachos Poptillas Chips	Deep Dish Pepperoni Pizza
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SANDWICH OF THE DAY

Turkey & Cheese Torta <i>Side of Baked Fries</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Baby Carrots</i>	Chicken Salad Sandwich <i>Celery Sticks</i>	Italian Turkey Submarine <i>Garbanzo Bean & Tomato Salad</i>	Smoked Turkey & Cheese Sandwich on Knot Roll
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FEATURED ENTRÉE OF THE DAY

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				Beef, Bean & Cheese Burrito
				Romaine Salad w/ Ranch Dressing
				<i>Seasonal Fruit</i>
4	5	6	7	8
LABOR DAY Holiday	Chicken Nuggets w/ Roasted Potatoes	Firecracker Chicken w/Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/Black Beans & Rice	Hamburger
No SCHOOL	Baby Carrots	Celery Sticks	Jicama Sticks	Lettuce, Tomato, Pickle Kit
	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
11	12	13	14	15
Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Teriyaki Not So Fried Rice w/Steam Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes Syrup	Chicken Fajitas w/Pinto Beans Tortillas	Macaroni & Cheese
Baby Carrots	Baby Carrots	Celery Sticks	Cucumber Slices w/ Tajin	Romaine Salad w/ Ranch Dressing
<i>100% Fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
18	19	20	21	22
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili Poptillas Chips	Beef, Bean & Cheese Burrito
Baby Carrots	Baby Carrots	Celery Sticks	Jicama Sticks	Romaine Salad w/ Ranch Dressing
<i>100% Fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
25	26	27	28	29
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Roasted Potatoes	Firecracker Chicken w/Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/Black Beans & Rice	Hamburger
Baby Carrots	Baby Carrots	Celery Sticks	Jicama Sticks	Lettuce, Tomato, Pickle Kit
<i>100% Fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</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.



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