

# MARK WEST UNION SCHOOL DISTRICT

## Lunch Menu

## October 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 &amp; Tomato Salad</i>	Smoked Turkey & Cheese Sandwich on Knot Roll
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### FEATURED ENTRÉE OF THE DAY

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes - Syrup	Chicken Fajitas w/ Pinto Beans Poptilla Chips	Parent / Teacher Conference Day
Baby Carrots	Baby Carrots	Celery Sticks	Cucumber Slices w/ Tajin	<b>NO SCHOOL</b>
<i>100% fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili Poptilla 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>
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Potatoes	Firecracker Chicken w/Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/Black Beans & Rice	Hamburger
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>
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
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 Poptilla Chips	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>
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili w/ Pinto Beans	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>

All entrées served with choice of 1% milk, fat free or chocolate milk.

All grain items offered are Whole Grain Rich

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**



This institution is an equal opportunity provider.