

# MARK WEST UNION SCHOOL DISTRICT

## Lunch Menu

## JANUARY 2024

### WEEKLY 5 FAVE

Cheeseburger Baked Fries	Oven	Chicken Bites Mashed Potatoes	w/	Chicken Tamale w/Seasoned Carrots Coins	Turkey Nachos Tortilla Chips	Deep Dish Pepperoni Pizza
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### SANDWICH OF THE DAY

Turkey & Cheese Torta <i>Side of Baked Fries</i>	Turkey & Cheese Submarine Sandwich <i>Baby Carrots</i>	Chicken Salad Sandwich <i>Baby</i> <i>Carrots</i>	Turkey & Cheese Torta <i>Garbanzo Bean &amp; Tomato Salad</i>	Turkey & Cheese Submarine Sandwich
Double Cheese Torta <i>Side of Baked Fries</i>	Soy Butter & Jelly Sandwich <i>Baby Carrots</i>	Build Your Own Cheese Pizza Kit <i>Marinara Sauce</i>	Artisan Cheese Torta <i>Garbanzo Bean Salad</i>	Egg Salad Sandwich

### FEATURED ENTRÉE OF THE DAY

1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
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### WINTER BREAK - NO SCHOOL

8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
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<b>WINTER</b>	Chicken Alfredo Pasta w/Steamed Broccoli	Teriyaki Chicken w/Yakisoba Noodles Cabbage & Carrots	Turkey & Bean Chili <i>Original Poptilla Chips</i>	Hamburger
<b>BREAK</b>	Cheesy Alfredo Pasta w/Steamed Broccoli	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
<b>NO SCHOOL</b>	Baby Carrots	Roasted Chickpeas	Cucumber Slices W/Tapin	Romaine Salad w/ Ranch Dressing

	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
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15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
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<b>Holiday</b>	Chicken Bites Mashed Potatoes	w/	Chicken Bites & Waffles w/Seasoned Potatoes - Syrup	Chicken Fajitas w/Pinto Beans <i>Nacho</i> <i>Poptilla Chips</i>	Beef, Bean & Cheese Burrito
MARTIN LUTHER KING DAY	Cheesy Baked Ziti w/Marinara Sauce		Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
<b>NO SCHOOL</b>	Baby Carrots		Roasted Chickpeas	Celery Sticks	Romaine Salad w/ Ranch Dressing

	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
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22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
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Hot Dog Oven Baked Fries	Baked Ziti w/Meat Sauce	Chicken "Poptilla" Soup w/Original Poptilla Chips	Chicken Burrito Bowl w/Black Beans & Rice	Grilled Cheese Sandwich
Cheese Melt Oven Baked Fries	Cheesy Baked Ziti w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
Baby Carrots	Baby Carrots	Roasted Chickpeas	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>
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29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
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Oven Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/Steamed Broccoli	Teriyaki Chicken w/Yakisoba Noodles Cabbage & Carrots	Turkey & Bean Chili <i>Poptilla Chips</i>	Hamburger
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/Steamed Broccoli	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
Baby Carrots	Baby Carrots	Roasted Chickpeas	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>
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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.