

MARK WEST UNION SCHOOL DISTRICT

Lunch Menu

February 2024

WEEKLY 5 FAVE

Cheeseburger Oven Baked Fries	Chicken Bites w/ Mashed Potatoes	Chicken Tamale w/Seasoned Carrots Coins	Turkey Nachos Tortilla Chips	Deep Dish Pepperoni Pizza
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Cold Entrees of the Day

Turkey & Cheese Torta <i>Side of Baked Fries</i>	Turkey & Cheese Submarine Sandwich <i>Baby Carrots</i>	Vegetable Chef Salad w/Egg & Cheese <i>Dinner Roll- Ranch Dressing</i>	Chicken Salad Sandwich <i>Fava Bean Crisps</i>	Chicken Caprese Salad <i>Dinner Roll Italian Dressing</i>
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>	Cheese Submarine Sandwich <i>Garbanzo Bean Salad</i>	Egg Salad Sandwich

FEATURED ENTRÉE OF THE DAY

29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/Steamed Broccoli	Teriyaki Chicken w/Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/Black Beans & Rice	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
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Roasted Chickpeas</i>	<i>Cucumber Slices W/Tapin</i>	<i>Romaine Salad w/ Ranch Dressing</i>
<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
Cheeseburger Oven Baked Fries	Beef Bulgogi Brown Rice Steamed Broccoli	Chicken Tamale w/Seasoned Carrots Coins	Chicken Burrito Bowl w/Black Beans & Rice	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheese Lasagna w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Roasted Chickpeas</i>	<i>Celery Sticks</i>	<i>Romaine Salad w/ Ranch Dressing</i>
<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
Lincoln's Birthday	Chicken Alfredo Pasta w/Steamed Broccoli	Teriyaki Chicken w/Yakisoba Noodles Cabbage & Carrots <i>*Holiday Cookie*</i>	Turkey Nachos <i>Tortilla Chips</i>	Cheeseburger Mac & Cheese
Holiday	Cheese Lasagna w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
No School	<i>Baby Carrots</i>	<i>Roasted Chickpeas</i>	<i>Cucumber Slices W/Tapin</i>	<i>Romaine Salad w/ Ranch Dressing</i>
	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
Presidents' Day	Spaghetti w/Meat Sauce	Chicken Noodle Soup Wheat Crackers	Chicken Burrito Bowl w/Black Beans & Rice	Hamburger
Holiday		Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Grilled Cheese Sandwich
No School	<i>Baby Carrots</i>	<i>Roasted Chickpeas</i>	<i>Cucumber Slices W/Tapin</i>	<i>Romaine Salad w/ Ranch Dressing</i>
	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar
Cheeseburger Oven Baked Fries	Beef Bulgogi Brown Rice Steamed Broccoli	Chicken Tamale w/Seasoned Carrots Coins	Chicken Burrito Bowl w/Black Beans & Rice	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheese Lasagna w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Roasted Chickpeas</i>	<i>Celery Sticks</i>	<i>Romaine Salad w/ Ranch Dressing</i>
<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.