



MARK WEST UNION SCHOOL DISTRICT Lunch Menu- DEC. 2021



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger w/ Oven Baked Fries	Beef Nachos w/ Tortilla Chips	Chicken Tamale w/Mixed Veg	Cheese Lasagna w/ Tomato Basil Sauce	Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Italian Combo on Hoagie Roll Side of Baked Fries w/ Ketchup <i>Mayonnaise</i>	Turkey Chipotle Wrap Baby Carrots 1/4 cup	Turkey Ham & Cheese Croissant Celery Sticks <i>Mayonnaise</i>	Soybutter & Jelly Sandwich	Turkey & Cheese Sandwich on WG Hawaiian Roll Fruitable Juice <i>Mayonnaise</i>
FEATURED ENTRÉE OF THE DAY				
29	30	1	2	3
Beef Hot Dog Oven Baked Fries <i>Ketchup</i>	Chicken Tortilla Soup Tortilla Chips	Chicken Alfredo Pasta w/ Steamed Broccoli <i>Whole Grain Cookie</i>	BBQ Meatballs Seasoned Potatoe Wedges <i>Original Popped Chips</i>	Chicken Enchiladas w/ Red Sauce
Oven Baked Fries in meal	Baby Carrots	Baby Carrots	Hummus Cup	Mixed Green Salad w/ Ranch
Pear	100% Fruit Juice	Banana	Nectarine	Apple
6	7	8	9	10
Beef Chili Cheese Fries w/ Churro Chips	Chicken Teriyaki w/Chow Mein Noodles	Chicken Nuggets Mashed Pototes WG Pretzels <i>Ketchup</i>	Chicken Burrito Bowl Whole Grain Dessert	BBQ Pork Rib Patty Sandwich
Oven Baked Fries in meal	Baby Carrots	Edamane w/ Tajin	Baby Carrots	House Salad w/ Italian
Pear	100% Fruit Juice	Banana	Nectarine	Apple
13	14	15	16	17
Chicken Patty Burger Oven Baked Fries <i>Ketchup</i>	Baked Ziti w/ Meat Sauce Dinner Roll	Roasted Chicken Leg w/Mashed Potatoes Corn Muffin	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Wedges <i>Syrup</i>	Mac & Cheese Whole Grain Dessert
Oven Baked Fries in meal	Baby Carrots	Edamane w/ Hot Sauce	Baby Carrots	Kale & Green Apple Salad w/Ranch
Pear	100% Fruit Juice	Banana	Nectarine	Apple
20	21	22	23	24
No School	No School	No School	No School	No School
27	28	29	30	31
No School	No School	No School	No School	No School

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider.

Menus are subject to change without notice.