



# MARK WEST UNION SCHOOL DISTRICT Lunch Menu- JAN. 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries <i>Ketchup</i></b>	<b>Cheese Manicotti w/ Tomato Basil Sauce</b>	<b>Beef Nachos w/ Tortilla Chips</b>	<b>Chicken Tamale w/ Mixed Vegetables</b>	<b>Beef, Bean &amp; Cheese Burrito <i>Hot Sauce</i></b>
<b>SANDWICH OF THE DAY</b>				
<b>Italian Combo on Hoagie Roll Side of Baked Fries w/ Ketchup <i>Mayonnaise</i></b>	<b>Chicken Salad Salad Baby Carrots 1/4 cup</b>	<b>Turkey &amp; Cheese on WG Bun Nacho Chips w/Bean Dip Mayonnaise</b>	<b>Deli Chicken Sandwich Fruitable Juice <i>Mayonnaise</i></b>	<b>Turkey &amp; Cheese Sandwich on WG Hawaiian Roll Fruitable Juice <i>Mayonnaise</i></b>
<b>FEATURED ENTRÉE OF THE DAY</b>				
3	4	5	6	7
<b>Beef Chili Cheese Fries w/ Tortilla Chips</b>	<b>Ramen Soup w/ Chicken &amp; Vegetables</b>	<b>Build Your Own Turkey Tacos w/Refried Beans Tortillas</b>	<b>Chicken Nuggets Mashed Potatoes Ketchup</b>	<b>Chicken Alfredo Pasta WG Chocolate Cookie</b>
Oven Baked Fries in meal <i>Pear</i>	Baby Carrots-1/2 c <i>100% Fruit Juice</i>	Cucumber w Tajin 1/4c <i>Banana</i>	Grape Tomatoes 1/4 c <i>Seasonal Fruit</i>	House Salad w/ Italian <i>Apple</i>
10	11	12	13	14
<b>Corn Dog Oven Baked Fries <i>Ketchup</i></b>	<b>Baked Ziti w/ Meat Sauce</b>	<b>Chicken Burrito Bowl WG Oatmeal Cookie</b>	<b>Breakfast for Lunch Pancake, Chicken Sausage &amp; Seasoned Wedges -Syrup</b>	<b>Mac &amp; Cheese w/ BBQ Popped Chips</b>
Oven Baked Fries in meal <i>Pear</i>	Baby Carrots-1/2 c <i>100% Fruit Juice</i>	Jicama w/ Tajin 1/4 c <i>Banana</i>	Baby Carrots 1/4 c <i>Seasonal Fruit</i>	Kale & Green Apple Salad w/Ranch <i>Apple</i>
17	18	19	20	21
<b>MLK DAY</b>	<b>Chicken Tortilla Soup w/ Tortilla Chips</b>	<b>Turkey Chili w/Original Popped Chips</b>	<b>Spaghetti &amp; Meatballs</b>	<b>Hamburger WG Chocolate Cookie</b>
No School	Baby Carrots 1/2 c <i>100% Fruit Juice</i>	Cucumber w Tajin 1/4c <i>Banana</i>	Baby Carrots 1/4 c <i>Seasonal Fruit</i>	Lettuce, Tomatoe & Pickle <i>Apple</i>
24	25	26	27	28
<b>Beef Hot Dog Oven Baked Fries <i>Ketchup</i></b>	<b>Chichen Teriyaki w/Yakisoba Noodles</b>	<b>Beef Picadillo W/ Black Bean w/ Nacho Popped Chips</b>	<b>BBQ Beef Meatball w/Seasoned Wedges WG Corn Muffin</b>	<b>Chicken Enchiladas w/ Red Sauce</b>
Oven Baked Fries in meal <i>Pear</i>	Baby Carrots 1/2 c <i>100% Fruit Juice</i>	Jicama w/ Tajin 1/4 c <i>Banana</i>	Baby Carrots 1/4 c <i>Seasonal Fruit</i>	Mixed Green Salad w/ Ranch <i>Apple</i>
31	1	2	3	4
<b>Beef Chili Cheese Fries w/ Churro Chips</b>	<b>Ramen Soup w/ Chicken &amp; Vegetables</b>	<b>Build Your Own Turkey Tacos w/ Refried Beans &amp; Tortillas</b>	<b>Chicken Nuggets Mashed Potatoes - <i>Ketchup</i></b>	<b>Chicken Alfredo Pasta WG Chocolate Cookie</b>
Oven Baked Fries in meal <i>Pear</i>	Baby Carrots-1/2 c <i>100% Fruit Juice</i>	Cucumber w Tajin 1/4c <i>Banana</i>	Grape Tomatoes 1/4 c <i>Seasonal Fruit</i>	House Salad w/ Italian <i>Apple</i>

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.

