MARK WEST UNION SCHOOL DISTRICT

April 2024

Lunch Menu K-8



| Monday | Tuesday | Wednesday WEEKLY 5 FAVE | Thursday | Friday |
|--|---|--|---|--|
| Cheeseburger Oven Baked Fries | Chicken Bites w/ Mashed Potatoes | Chicken Tamale w/ Seasoned Diced Carrots | Turkey Nachos Tortilla Chips | Deep Dish Pepperoni Pizza |
| | | COLD ENTREES OF THE DAY | | |
| Turkey & Cheese Torta Side of Baked Fries | Turkey & Cheese Submarine Sandwich Baby Carrots | Vegetable Chef Salad w/ Egg & Cheese Dinner Roll Ranch Dressing | Chicken Salad Sandwich Fava Beans | Chicken Caprese Salad Dinner Roll Italian Dressing |
| Double Cheese Torta Side of Baked Fries | Soy Butter & Jelly Sandwich Baby Carrots | Build Your Own Cheese Pizza Kit Marinara Sauce | Cheese Submarine Sandwich Fava Beans | Egg Salad Sandwich |
| | | FEATURED ENTRÉE OF THE DAY | | |
| 1-Apr | 2-Apr | 3-Арг | 4-Apr | 5-Ap |
| Hot Dog Oven Baked Fries | Spaghetti w/ Meat Sauce | Chicken Enchilada w/ Creamy Green Salsa | Chicken Burrito Bowl w/ Black Beans & Rice | BBQ Rib Sandwich on Hoagie Roll |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Bean & Cheese Pupusa Salsa Cup | Cheese Tamale w/ Black Beans | Grilled Cheese Sandwich |
| Baby Carrots | Baby Carrots | Roasted Chickpeas | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100% Fruit Juice | Orange | Banana | Apple | Orange |
| 8-Apr | 9-Apr | 10-Apr | 1 1-Apr | 12-Ap |
| Cheeseburger Oven Baked Fries | Beef Bulgogi Brown Rice Steamed Broccoli | Chicken Tamale w/ Seasoned Diced Carrots | Chicken Burrito Bowl w/ Black Beans & Rice | Beef, Bean & Cheese Burrito |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Cheese Enchilada w/ Creamy Green Salsa | Cheese Tamale w/ Black Beans | Grilled Cheese Sandwich |
| Baby Carrots | Baby Carrots | Roasted Chickpeas | Celery Sticks | Romaine Side Salad w/ Ranch |
| 100% Fruit Juice | Orange | Banana | Apple | Orange |
| 15-Apr | 16-Apr | 17-Apr | 18-Apr | 19-Ap |
| Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet | Chicken Alfredo Pasta w/ Steamed Broccoli | Teriyaki Chicken w/ Yakisoba Noodles Cabbage & Carrots | Turkey Nachos Tortilla Chips | Cheeseburger Mac & Cheese |
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| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Bean & Cheese Pupusa Salsa Cup | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Cheese Melt | Cheese Lasagna | Bean & Cheese Pupusa | Cheese Tamale | |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce | Bean & Cheese Pupusa Salsa Cup | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Cheese Melt Oven Baked Fries Baby Carrots | Cheese Lasagna w/ Marinara Sauce Boby Carrots | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tajin | Deep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tojin Apple | Deep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice 122-Apr | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 23-Apr Spaghetti | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tojin Apple 25-Apr Chicken Burrito Bowl | Romaine Side Salad w/ Ranch Orange 26-Ap Hamburger |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice Hot Dog Oven Baked Fries Cheese Melt | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 28 - Apr Spaghetti w/ Meat Sauce | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr Chicken Enchilada w/ Creamy Green Salsa Bean & Cheese Pupusa | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tajin Apple 2-5-Appr Chicken Burrito Bowl w/ Black Beans & Rice | Deep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange 26-Ap Hamburger |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice Hot Dog Oven Baked Fries Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 23-Apr Spaghetti w/ Meat Sauce Cheese Lasagna w/ Marinara Sauce | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr Chicken Enchilada w/ Creamy Green Salsa Bean & Cheese Pupusa Salsa Cup | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tojin Apple 25-Apr Chicken Burrito Bowl w/ Black Beans & Rice Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange 26-Ap Hamburger Grilled Cheese Sandwich |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice TLAPT Hot Dog Oven Baked Fries Cheese Melt Oven Baked Fries Baby Carrots | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 23-Apr Spaghetti w/ Meat Sauce Cheese Lasagna w/ Marinara Sauce Baby Carrots | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr Chicken Enchilada w/ Creamy Green Salsa Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tojin Apple 25-Apr Chicken Burrito Bowl w/ Black Beans & Rice Cheese Tamale w/ Black Beans Cucumber Slices w/ Tojin | Deep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange 26-Ap Hamburger Grilled Cheese Sandwich Romaine Side Salad w/ Ranch Orange |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice Hot Dog Oven Baked Fries Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 23-Apr Spaghetti w/ Meat Sauce Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr Chicken Enchilada w/ Creamy Green Salsa Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tojin Apple 25-Appr Chicken Burrito Bowl w/ Black Beans & Rice Cheese Tamale w/ Black Beans Cucumber Slices w/ Tojin Apple | Deep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange 26-Ap Hamburger Grilled Cheese Sandwich Romaine Side Salad w/ Ranch Orange |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice TP-Apr Hot Dog Oven Baked Fries Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice 25° Apr Cheeseburger | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 28-Aptr Spaghetti w/ Meat Sauce Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 30-Aptr Beef Bulgogi Brown Rice | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr Chicken Enchilada w/ Creamy Green Salsa Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 1-May Chicken Tamale | Cheese Tamale w/ Black Beans Cucumber Silices w/ Tajin Apple 2.5 - Apr Chicken Burrito Bowl w/ Black Beans & Rice Cheese Tamale w/ Black Beans Cucumber Silices w/ Tajin Apple 2-May Chicken Burrito Bowl | Poep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange 2G-Ap Hamburger Grilled Cheese Sandwich Romaine Side Salad w/ Ranch Orange 3-May Beef, Bean & Cheese Burrito |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice PP-Apr Hot Dog Oven Baked Fries Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice Cheeseburger Oven Baked Fries Cheeseburger Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 283-Appr Spaghetti w/ Meat Sauce Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 303-Appr Beef Bulgogi Brown Rice Steamed Broccoli | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr Chicken Enchilada w/ Creamy Green Salsa Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 1-May Chicken Tamale w/ Seasoned Diced Carrots | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tajin Apple 25 - Apr Chicken Burrito Bowl w/ Black Beans & Rice Cheese Tamale w/ Black Beans Cucumber Slices w/ Tajin Apple 2-May Chicken Burrito Bowl w/ Black Beans & Rice | Deep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange 26-Ap Hamburger Grilled Cheese Sandwich Romaine Side Salad w/ Ranch Orange 3-Ma Beef, Bean & Cheese Burrito |
| Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice Hot Dog Oven Baked Fries Cheese Melt Oven Baked Fries Baby Carrots 100% Fruit Juice 25° App. Cheeseburger Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 23 - Apr Spaghetti w/ Meat Sauce Cheese Lasagna w/ Marinara Sauce Baby Carrots Orange 30 - Apr Beef Bulgogi Brown Rice Steamed Broccoli Cheese Lasagna w/ Marinara Sauce | Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 24-Apr. Chicken Enchilada w/ Creamy Green Salsa Bean & Cheese Pupusa Salsa Cup Roasted Chickpeas Banana 1-May. Chicken Tamale w/ Seasoned Diced Carrots Cheese Enchilada w/ Creamy Green Salsa | Cheese Tamale w/ Black Beans Cucumber Slices w/ Tajin Apple 25-Appr Chicken Burrito Bowl w/ Black Beans & Rice Cheese Tamale w/ Black Beans Cucumber Slices w/ Tajin Apple 2-May Chicken Burrito Bowl w/ Black Beans & Rice | Poeep Dish Cheese Pizza Romaine Side Salad w/ Ranch Orange 2.6-Ap Hamburger Grilled Cheese Sandwich Romaine Side Salad w/ Ranch Orange 3-Mc Beef, Bean & Cheese Burrito |