

DECEMBER 2022

Community Sites

Milk available with Breakfast, Super Power Box, and Dinner.



M 28
SNACK
 Pita Chips, Apple Juice
SUPER POWER BOX
 Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Fruit
DINNER
 Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

T 29
SNACK
 Pretzel Goldfish Crackers, Fruit Punch
SUPER POWER BOX
 Animal Crackers, Yogurt Cup, Cheese Stick, Juice Box, Fruit Cup
DINNER
 Smoked Turkey & Cheddar Hoagie, Carrots, Apple Slices

W 30
SNACK
 Garden Salsa SunChips, Apple Juice
SUPER POWER BOX
 Cheddar Crisp Crackers, Turkey Stick, Cheese Stick, Juice Box, Apple Slices
DINNER
 Chicken Caesar Salad with Roll, Fruit Cup

T 1
SNACK
 Tortilla Rounds, Fruit Punch
SUPER POWER BOX
 Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots
DINNER
 Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 2
SNACK
 Cheez-its, Apple Juice
SUPER POWER BOX
 Sunwise Sandwich, Cheese Stick, Juice Box, Carrots
DINNER
 Tortilla Chips with Hummus Cup, Turkey Coins, Carrots, Grapes

M 5
SNACK
 Harvest Cheddar Sunchips, Fruit Punch
SUPER POWER BOX
 Bagel with Chocolate Sea Salt Spread, Yogurt Cup, Juice Box, Apple Slices
DINNER
 Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

T 6
SNACK
 Pita Chips, Apple Juice
SUPER POWER BOX
 Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Fruit
DINNER
 Turkey Salami & Cheddar Sandwich, Carrots, Apple Slices

W 7
SNACK
 Pretzel Goldfish Crackers, Fruit Punch
SUPER POWER BOX
 Animal Crackers, Yogurt Cup, Cheese Stick, Juice Box, Fruit Cup
DINNER
 Greek Chicken Salad with Roll, Fruit Cup

T 8
SNACK
 Garden Salsa SunChips, Apple Juice
SUPER POWER BOX
 Cheddar Crisp Crackers, Turkey Stick, Cheese Stick, Juice Box, Apple Slices
DINNER
 Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 9
BREAKFAST
 Blueberry Chex Picnic
SNACK
 Tortilla Rounds, Fruit Punch
SUPER POWER BOX
 Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots
DINNER
 Tortilla Chips with Hummus Cup, Turkey Coins, Carrots, Grapes

M 12
SNACK
 Cheez-its, Apple Juice
SUPER POWER BOX
 Sunwise Sandwich, Cheese Stick, Juice Box, Carrots
DINNER
 Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

T 13
SNACK
 Harvest Cheddar Sunchips, Fruit Punch
SUPER POWER BOX
 Bagel with Chocolate Sea Salt Spread, Yogurt Cup, Juice Box, Apple Slices
DINNER
 Roasted Turkey & Cheddar Sandwich, Carrots, Apple Slices

W 14
SNACK
 Pita Chips, Apple Juice
SUPER POWER BOX
 Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Fruit
DINNER
 Beef Taco Salad with Chips, Fruit Cup

T 15
SNACK
 Pretzel Goldfish Crackers, Fruit Punch
SUPER POWER BOX
 Animal Crackers, Yogurt Cup, Cheese Stick, Juice Box, Fruit Cup
DINNER
 Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 16
SNACK
 Garden Salsa SunChips, Apple Juice
SUPER POWER BOX
 Cheddar Crisp Crackers, Turkey Stick, Cheese Stick, Juice Box, Apple Slices
DINNER
 Tortilla Chips with Hummus Cup, Turkey Coins, Carrots, Grapes

M 19
BREAKFAST
 Blueberry Chex Picnic
SNACK
 Tortilla Rounds, Fruit Punch
SUPER POWER BOX
 Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots
DINNER
 Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

T 20
BREAKFAST
 Cocoa Cherry Picnic
SNACK
 Cheez-its, Apple Juice
SUPER POWER BOX
 Sunwise Sandwich, Cheese Stick, Juice Box, Carrots
DINNER
 Sliced Turkey & Cheddar on Flatbread, Carrots, Apple Slices

W 21
BREAKFAST
 Strawberry Oatmeal Bar Picnic
SNACK
 Harvest Cheddar Sunchips, Fruit Punch
SUPER POWER BOX
 Bagel with Chocolate Sea Salt Spread, Yogurt Cup, Juice Box, Apple Slices
DINNER
 Turkey Salami & Cheddar Sandwich, Carrots, Apple Slices

T 22
BREAKFAST
 Cinnamon Chex Picnic
SNACK
 Pita Chips, Apple Juice
SUPER POWER BOX
 Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Fruit
DINNER
 Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 23
BREAKFAST
 French Toast Bread Picnic
SNACK
 Pretzel Goldfish Crackers, Fruit Punch
SUPER POWER BOX
 Animal Crackers, Yogurt Cup, Cheese Stick, Juice Box, Fruit Cup
DINNER
 Tortilla Chips with Hummus Cup, Turkey Coins, Carrots, Grapes

M 26
BREAKFAST
 Blueberry Chex Picnic
SNACK
 Tortilla Rounds, Fruit Punch
SUPER POWER BOX
 Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots
DINNER
 Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes
COMMUNITY SITES CLOSED

T 27
BREAKFAST
 Blueberry Chex Picnic
SNACK
 Tortilla Rounds, Fruit Punch
SUPER POWER BOX
 Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots
DINNER
 Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

W 28
BREAKFAST
 Cocoa Cherry Picnic
SNACK
 Cheez-its, Apple Juice
SUPER POWER BOX
 Sunwise Sandwich, Cheese Stick, Juice Box, Carrots
DINNER
 Smoked Turkey & Cheddar Hoagie, Carrots, Apple Slices

T 29
BREAKFAST
 Strawberry Oatmeal Bar Picnic
SNACK
 Harvest Cheddar Sunchips, Fruit Punch
SUPER POWER BOX
 Bagel with Chocolate Sea Salt Spread, Yogurt Cup, Juice Box, Apple Slices
DINNER
 Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 30
BREAKFAST
 Cinnamon Chex Picnic
SNACK
 Pita Chips, Apple Juice
SUPER POWER BOX
 Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Fruit
DINNER
 Tortilla Chips with Hummus Cup, Turkey Coins, Carrots, Grapes

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus. For the most up to date information, visit cws.mpls.k12.mn.us. This institution is an equal opportunity provider.