

December

TRUE FOOD

PROVIDED BY MPS CWS

This institution is an equal opportunity provider. cws.mpls.k12.mn.us

VENDED MEALS 2022



M 28

BREAKFAST
Strawberry Oatmeal Bar, Cereal, Yogurt Cup

LUNCH
🍷 **Turkey Alambre**
or 🌿 **Vegetable Crumbles** with Brown Rice and Tortilla Chips
🌿 **Bagel Yogurt Pack**
Served with Black Beans

T 29

BREAKFAST
Blueberry Belgian Waffle, Cereal, Cheese Stick

LUNCH
Swedish Beef Meatballs
or 🌿 **Vegetable Balls** with Pasta
Smoked Turkey & Cheddar Hoagie
Served with Corn

W 30

BREAKFAST
French Toast Bread, Cereal, Yogurt Cup

LUNCH
Breaded Chicken Sandwich with Diced Sweet Potatoes
or 🌿 **Black Bean Burger**
Roasted Turkey & Cheddar Sandwich

T 1

BREAKFAST
Brekkie Breakfast Round, Cereal, Hard Boiled Egg

LUNCH
🍷 **BBQ Rubbed Chicken Drumstick** with Dirty Rice
or 🌿 **Grilled Cheese**
Turkey Salami & Cheddar Sandwich

F 2

BREAKFAST
Maple Pancakes, Cereal, Cheese Stick

LUNCH
🍷 **Roast Turkey** & Gravy with Mashed Potatoes and Roll
or 🌿 **Cheese Stromboli**
Sliced Turkey & Cheddar on Flatbread
Served with Green Beans

M 5

BREAKFAST
Apple Oatmeal Bar, Cereal, Yogurt Cup

LUNCH
Beef Hamburger, Beef Cheeseburger
or 🌿 **Black Bean Burger**
🌿 **Bagel Yogurt Pack**
Served with Potato Wedges

T 6

BREAKFAST
Cinnamon Belgian Waffle, Cereal, Cheese Stick

LUNCH
Shredded Beef Burrito
or 🌿 **Bean & Cheese Burrito**
Smoked Turkey & Cheddar Hoagie
Served with Seasoned Pinto Beans

W 7

BREAKFAST
Banana Bread, Cereal, Yogurt Cup

LUNCH
Chicken à la King with Biscuits
or 🌿 **Grilled Cheese**
Chicken Salad on Flatbread

T 8

BREAKFAST
French Toast Bites, Cereal, Hard Boiled Egg

LUNCH
🍷 **Beef Pot Roast** with Beef Gravy & Roll
or 🌿 **Sunbutter Sandwich**
Turkey Salami & Cheddar Sandwich
Served with Root Vegetables
🍷 **Apple Crisp**

F 9

BREAKFAST
Bagel with Cream Cheese, Cereal, Cheese Stick

LUNCH
BBQ Meatballs
or 🌿 **BBQ Vegetable Balls** with Green Beans, Mac & Cheese and Roll
Sliced Turkey & Cheddar on Flatbread

M 12

BREAKFAST
Strawberry Oatmeal Bar, Cereal, Yogurt Cup

LUNCH
Turkey Burger, Turkey Cheeseburger
or 🌿 **Black Bean Burger**
🌿 **Bagel Yogurt Pack**
Served with Baked Beans

T 13

BREAKFAST
Blueberry Belgian Waffle, Cereal, Cheese Stick

LUNCH
Chicken Parmesan with Penne
or 🌿 **Vegetable Ball Pasta Bake**
Smoked Turkey & Cheddar Hoagie
Served with Country Blend Vegetables

W 14

BREAKFAST
French Toast Bread, Cereal, Yogurt Cup

LUNCH
🍷 **Honey Chipotle Fish** with Roll
or 🌿 **Grilled Cheese**
Roasted Turkey & Cheddar Sandwich
Served with Potato Wedges

T 15

BREAKFAST
Brekkie Breakfast Round, Cereal, Hard Boiled Egg

LUNCH
BBQ Chicken Drumstick with Green Beans & Cornbread
or 🌿 **Sunbutter Sandwich**
Turkey Salami & Cheddar Sandwich

F 16

BREAKFAST
Maple Pancakes, Cereal, Cheese Stick

LUNCH
Pepperoni Pizza
or 🌿 **Cheese Pizza**
Sliced Turkey & Cheddar on Flatbread

M 19

T 20

W 21

T 22

F 23

WINTER BREAK

M 26

T 27

W 28

T 29

F 30

DEC 19-30

SELECTION OF FRUIT, VEGETABLE & MILK OFFERED DAILY

🌿 Meatless Option 🍷 JR Iron Chef Recipe 🍷 Farm to School 🍷 Contains Fish

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.