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# March

TRUE FOOD  
PROVIDED BY MPS CWS

## COMMUNITY SITES 2023



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

#### March is National Nutrition Month!



Eating with sustainability in mind is a tasty way to nourish ourselves and build healthy habits. Fuel your body and protect the environment!

**W 1**

**SNACK**  
Pretzel Goldfish Crackers, Fruit Punch

**SUPER POWER BOX**  
Animal Crackers, Yogurt Cup, Cheese Stick, Juice Box, Fruit Cup

**DINNER**  
Chicken Caesar Salad with Roll, Fruit Cup

**T 2**

**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 3**

**BREAKFAST**  
Blueberry Chex Picnic

**SNACK**  
Tortilla Chips, Fruit Punch

**SUPER POWER BOX**  
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

**DINNER**  
Tortilla Chips with Hummus Cup, Turkey Coins, Carrots, Grapes

**M 6**

**SNACK**  
Cheez-its, Apple Juice

**SUPER POWER BOX**  
Sunwise Sandwich, Cheese Stick, Carrots, Juice Box

**DINNER**  
Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

**T 7**

**SNACK**  
Harvest Cheddar SunChips, Fruit Punch

**SUPER POWER BOX**  
Bagel with Chocolate Sea Salt Spread, Yogurt, Juice Box, Apple Slices

**DINNER**  
Roasted Turkey & Cheddar Sandwich, Carrots, Apple Slices

**W 8**

**SNACK**  
Pita Chips, Apple Juice

**SUPER POWER BOX**  
Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Fruit

**DINNER**  
Greek Chicken Salad with Roll, Fruit Cup

**T 9**

**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 10**

**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 13**

**SNACK**  
Tortilla Chips, Fruit Punch

**SUPER POWER BOX**  
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

**DINNER**  
Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

**T 14**

**SNACK**  
Cheez-its, Apple Juice

**SUPER POWER BOX**  
Sunwise Sandwich, Cheese Stick, Carrots, Juice Box

**DINNER**  
Sliced Turkey & Cheddar on Flatbread, Carrots, Apple Slices

**W 15**

**SNACK**  
Harvest Cheddar SunChips, Fruit Punch

**SUPER POWER BOX**  
Bagel with Chocolate Sea Salt Spread, Yogurt, Juice Box, Apple Slices

**DINNER**  
Beef Taco Salad with Tortilla Chips, Fruit Cup

**T 16**

**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 17**

**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 20**

**SNACK**  
Garden Salsa SunChips, Apple Juice

**SUPER POWER BOX**  
Cheddar Crisp Crackers, Turkey Stick, Cheese Stick, Juice Box, Apple Slices

**DINNER**  
Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

**T 21**

**SNACK**  
Tortilla Chips, Fruit Punch

**SUPER POWER BOX**  
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

**DINNER**  
Smoked Turkey & Cheddar Hoagie, Carrots, Apple Slices

**W 22**

**SNACK**  
Cheez-its, Apple Juice

**SUPER POWER BOX**  
Sunwise Sandwich, Cheese Stick, Carrots, Juice Box

**DINNER**  
Turkey Salami & Cheddar Sandwich, Carrots, Apple Slices

**T 23**

**SNACK**  
Harvest Cheddar SunChips, Fruit Punch

**SUPER POWER BOX**  
Bagel with Chocolate Sea Salt Spread, Yogurt, Juice Box, Apple Slices

**DINNER**  
Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

**F 24**

**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

**M 27**

**SNACK**  
Pretzel Goldfish Crackers, Fruit Punch

**SUPER POWER BOX**  
Animal Crackers, Yogurt Cup, Cheese Stick, Juice Box, Fruit Cup

**DINNER**  
Bagel with Chocolate Spread, Yogurt Cup, Carrots, Grapes

**T 28**

**SNACK**  
Garden Salsa SunChips, Apple Juice

**SUPER POWER BOX**  
Cheddar Crisp Crackers, Turkey Stick, Cheese Stick, Juice Box, Apple Slices

**DINNER**  
Smoked Turkey & Cheddar Hoagie, Carrots, Apple Slices

**W 29**

**SNACK**  
Tortilla Chips, Fruit Punch

**SUPER POWER BOX**  
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

**DINNER**  
Chicken Caesar Salad with Roll, Fruit Cup

**T 30**

**SNACK**  
Cheez-its, Apple Juice

**SUPER POWER BOX**  
Sunwise Sandwich, Cheese Stick, Carrots, Juice Box

**DINNER**  
Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

**F 31**

**BREAKFAST**  
Strawberry Oatmeal Bar Picnic

**SNACK**  
Harvest Cheddar SunChips, Fruit Punch

**SUPER POWER BOX**  
Bagel with Chocolate Sea Salt Spread, Yogurt, Juice Box, Apple Slices

**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](http://cws.mpls.k12.mn.us).