

March Lunch



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

ON-SITE 2023



Complement Meal with Salad Bar. Milk Offered Daily.

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



T 2



F 3

NO SCHOOL

M 6

Beef Hamburger,
Beef Cheeseburger
or Black Bean
Burger
Sliced Turkey
& Cheddar on
Flatbread
Served with
Tator Tots

T 7

Cheese Lasagna
with Garlic Bread
Bagel Yogurt Pack
Served with
California Blend

W 8

Chicken à la King
or Grilled Cheese
Smoked Turkey &
Cheddar Hoagie

#MNTHURS

Philly Cheese
Steak Sandwich
or Veggie
Philly Sandwich
Roasted Turkey &
Cheddar Sandwich
Served with
Potato JoJos
Coleslaw
Ultimate
Chocolate Mixmi

F 10

BBQ Beef Meatballs
or BBQ Tofu Bites
with Creamy Mac
& Cheese
Turkey Salami &
Cheddar Sandwich
Served with
Mixed Vegetable
Blend

M 13

BBQ Pulled
Turkey Sandwich
or Black Bean
Burger
Sliced Turkey
& Cheddar on
Flatbread
Served with
Baked Beans

T 14

Chicken Parmesan
with Spaghetti
and Marinara
or Italian Crumble
Pasta Bake
Bagel Yogurt Pack
Served with
California Blend

W 15

Honey
Chipotle Fish
with Roll
or Grilled Cheese
Smoked Turkey &
Cheddar Hoagie
Served with
Potato Wedges

T 16

Oven Fried Chicken
Drumstick with Roll
or Sunbutter
Sandwich
Roasted Turkey &
Cheddar Sandwich
Served with
Roasted Carrots

F 17

Pepperoni Pizza
or Cheese Pizza
Turkey Salami &
Cheddar Sandwich

M 20

Chicken Tamale
or Cheese Tamale
Sliced Turkey
& Cheddar on
Flatbread
Served with
Seasoned Pinto
Beans

T 21

Italian Pasta Bake
or Italian Crumble
Pasta Bake
with Garlic Bread
Bagel Yogurt Pack
Served with
California Blend

W 22

Sweet & Sour
Chicken or Tofu
with Sweet & Sour
Sauce with
Brown Rice
Smoked Turkey &
Cheddar Hoagie
Served with
Roasted Broccoli

T 23

French Herb
Chicken Drumstick
with Roll
or Grilled Cheese
Chicken Salad
on Flatbread
Served with
Green Beans

F 24

Beef Hot Dog
with Beef Chili
& Cheese
or Black Bean
Burger
Turkey Salami &
Cheddar Sandwich
Served with
Tator Tots

M 27

Turkey
Alambre Taco
or Vegetable
Crumble Taco
with Cilantro Lime Rice
Sliced Turkey &
Cheddar on Flatbread
Served with
Seasoned Black Beans

T 28

Beef Stroganoff
or Swedish
Vegetable Balls
with Pasta and Roll
Bagel Yogurt Pack
Served with
Roasted Broccoli

W 29

Chicken Patty
Sandwich
or Black Bean
Burger
Smoked Turkey &
Cheddar Hoagie
Served with
Potato JoJos

T 30

Pepperoni Pizza
or Cheese Pizza
Roasted Turkey &
Cheddar Sandwich

F NO 31

SCHOOL

Know Your Food
Meatless Option
Farm to School
Local Business
Contains Fish
JR Iron Chef Recipe