

# March Lunch



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

PREPACK 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

Bagel Yogurt Pack

Served with Potato Wedges

**T 7**

Cheese Lasagna with Roll

Smoked Turkey & Cheddar Hoagie

Served with Country Blend Vegetables

**W 8**

Chicken à la King with Biscuits  
or Grilled Cheese

Chicken Salad on Flatbread

**#MNTHURS 9**

Philly Cheese Steak Sandwich  
or Veggie Philly Sandwich

Turkey Salami & Cheddar Sandwich

Served with Potato JoJos  
 Coleslaw  
Ultimate Chocolate Mixmi

**F 10**

BBQ Beef Meatballs  
or Vegetable Balls with Mac & Cheese, Green Beans & Roll

Sliced Turkey & Cheddar on Flatbread

**M 13**

Turkey Burger  
Cheese Turkey Burger  
or Black Bean Burger

Bagel Yogurt Pack

Served with Baked Beans

**T 14**

Chicken Parmesan with Penne  
or Italian Crumble Pasta Bake

Smoked Turkey & Cheddar Hoagie

Served with Country Blend Vegetables

**W 15**

Honey Chipotle Fish with Roll  
or Grilled Cheese

Roasted Turkey & Cheddar Sandwich

Served with Potato Wedges

**T 16**

BBQ Chicken Drumstick with Green Beans & Cornbread  
or Sunbutter Sandwich

Turkey Salami & Cheddar Sandwich

**F 17**

Pepperoni Pizza  
or Cheese Pizza

Sliced Turkey & Cheddar on Flatbread

**M 20**

Chicken Tamale  
or Cheese Tamale

Bagel Yogurt Pack

Served with Pinto Beans

**T 21**

Italian Pasta Bake  
or Italian Crumble Pasta Bake with Roll

Smoked Turkey & Cheddar Hoagie

Served with Country Blend Vegetables

**W 22**

Sweet & Sour Chicken with Brown Rice  
or Sunbutter Sandwich

Chicken Salad on Flatbread

**T 23**

Baked Herb Chicken Drumstick with Diced Potatoes and Roll  
or Grilled Cheese

Turkey Salami & Cheddar Sandwich

**F 24**

Beef Hot Dog  
or Black Bean Burger

Sliced Turkey & Cheddar on Flatbread

Served with Sweet Potatoes

**M 27**

Turkey Alambre  
or Vegetable Crumbles with Brown Rice and Tortilla Chips

Bagel Yogurt Pack

Served with Black Beans

**T 28**

Swedish Beef Meatballs  
or Vegetable Balls with Pasta and Roll

Smoked Turkey & Cheddar Hoagie

Served with Root Vegetable Blend

**W 29**

Breaded Chicken Sandwich with Diced Sweet Potatoes  
or Black Bean Burger

Roasted Turkey & Cheddar Sandwich

**T 30**

Pepperoni Pizza  
or Cheese Pizza

Turkey Salami & Cheddar Sandwich

**F NO 31**

SCHOOL

Know Your Food

- Meatless Option
- Farm to School
- Local Business
- Contains Fish
- JR Iron Chef Recipe

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).