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March

VENDED MEALS 2023

Know Your Food

- Meatless Option
- Farm to School
- Contains Fish
- Local Business

SELECTION OF FRUIT & 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 BREAKFAST 3
Maple Pancakes, Cereal, Cheese Stick

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

National School Breakfast Week Mar 6-10 #NSBW23

BREAKFAST
 Overnight Oats with Strawberries
OR Apple Oatmeal Bar, Cereal

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

BREAKFAST
 Overnight Oats with Blueberries
OR Cinnamon Belgian Waffle, Cereal

LUNCH
 Cheese Lasagna with Roll
Smoked Turkey & Cheddar Hoagie
Served with Country Blend Veg

BREAKFAST
 Overnight Oats with Raspberries
OR Banana Bread, Cereal

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

BREAKFAST
 Overnight Oats with Mango OR French Toast Sticks, Cereal

#MNTHURS LUNCH
 Philly Cheese Steak Sandwich or **Veggie Philly Sandwich**
Turkey Salami & Cheddar Sandwich
Served with Potato Jo.Jos
 Coleslaw
Ultimate Choc Mixmi

BREAKFAST
 Overnight Oats with Assorted Fruits
OR Bagel with Cream Cheese, Cereal

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

M 13

BREAKFAST
Strawberry Oatmeal Bar, Cereal, Yogurt Cup

LUNCH
 Turkey Burger
Cheese Turkey Burger
or **Black Bean Burger**
 Bagel Yogurt Pack
Served with Baked Beans

T 14

BREAKFAST
Blueberry Belgian Waffle, Cereal, Cheese Stick

LUNCH
Chicken Parmesan with Penne or **Italian Crumble Pasta Bake**
Smoked Turkey & Cheddar Hoagie
Served with Country Blend Veg

W 15

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 16

BREAKFAST
Brekkie Breakfast Round, Cereal, Hard Boiled Egg

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

F 17

BREAKFAST
Maple Pancakes, Cereal, Cheese Stick

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

M 20

BREAKFAST
Apple Oatmeal Bar, Cereal, Yogurt Cup

LUNCH
Chicken Tamale
or **Cheese Tamale**
 Bagel Yogurt Pack
Served with Pinto Beans

T 21

BREAKFAST
Cinnamon Belgian Waffle, Cereal, Cheese Stick

LUNCH
Italian Pasta Bake or **Italian Crumble Pasta Bake** with Roll
Smoked Turkey & Cheddar Hoagie
Served with Country Blend Veg

W 22

BREAKFAST
Banana Bread, Cereal, Yogurt Cup

LUNCH
Sweet & Sour Chicken with Brown Rice
or **Sunbutter Sandwich**
Chicken Salad on Flatbread

T 23

BREAKFAST
French Toast Sticks, Cereal, Hard Boiled Egg

LUNCH
Baked Herb Chicken
Drumstick with Diced Potatoes and Roll
or **Grilled Cheese**
Turkey Salami & Cheddar Sandwich

F 24

BREAKFAST
Bagel with Cream Cheese, Cereal, Cheese Stick

LUNCH
 Beef Hot Dog
or **Black Bean Burger**
Sliced Turkey & Cheddar on Flatbread
Served with Sweet Potatoes

M 27

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 28

BREAKFAST
Blueberry Belgian Waffle, Cereal, Cheese Stick

LUNCH
Swedish Beef Meatballs or **Vegetable Balls** with Pasta and Roll
Smoked Turkey & Cheddar Hoagie
Served with
 Root Vegetable Blend

W 29

BREAKFAST
French Toast Bread, Cereal, Yogurt Cup

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

T 30

BREAKFAST
Brekkie Breakfast Round, Cereal, Hard Boiled Egg

LUNCH
Pepperoni Pizza
or **Cheese Pizza**
Turkey Salami & Cheddar Sandwich

F 31

BREAKFAST
Maple Pancakes, Cereal, Cheese Stick

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

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.