

# November Lunch



ON-SITE 2022



<p><b>M 31</b></p> <p> Turkey Alambre Taco or  Vegetable Crumble Taco with Cilantro Lime Rice Sliced Turkey &amp; Cheddar on Flatbread <i>Served with</i> Seasoned Black Beans</p>	<p><b>T 1</b></p> <p>Swedish Beef Meatballs or  Vegetable Balls with Pasta  Bagel Yogurt Pack <i>Served with</i> Roasted Broccoli</p>	<p><b>W 2</b></p> <p>Chicken Patty Sandwich or  Black Bean Burger Smoked Turkey &amp; Cheddar Hoagie <i>Served with</i>  Sweet Potato JoJos</p>	<p><b>#MNTHURS 3</b></p> <p>Sliced Turkey Roast or  Tofu Bites  Red Mashed Potatoes &amp; Gravy with Roll Roasted Turkey &amp; Cheddar Sandwich <i>Served with</i>  Roasted Beets Cranberry Relish Pumpkin Bar</p>	<p><b>F 4</b></p> <p><b>NO SCHOOL</b></p>
<p><b>M 7</b></p> <p>Beef Hamburger, Beef Cheeseburger or  Black Bean Burger Sliced Turkey &amp; Cheddar on Flatbread <i>Served with</i> Tator Tots</p>	<p><b>T 8</b></p> <p>Chicken &amp; Cheese or  Black Bean &amp; Cheese Quesadilla with Southwest Rice  Bagel Yogurt Pack <i>Served with</i> Seasoned Corn</p>	<p><b>W 9</b></p> <p>Chicken à la King or  Grilled Cheese Smoked Turkey &amp; Cheddar Hoagie</p>	<p><b>T 10</b></p> <p> Cheese Lasagna with Garlic Toast Chicken Salad on Flatbread <i>Served with</i>  Delicata Squash</p>	<p><b>F 11</b></p> <p>BBQ Beef Meatballs or  Vegetable Balls with Mac &amp; Cheese Turkey Salami &amp; Cheddar Sandwich <i>Served with</i> Mixed Vegetable Blend</p>
<p><b>M 14</b></p> <p>BBQ Pulled Turkey Sandwich or  Black Bean Burger Sliced Turkey &amp; Cheddar on Flatbread <i>Served with</i> Baked Beans</p>	<p><b>T 15</b></p> <p>Chicken Parmesan or  Vegetable Balls with Spaghetti &amp; Marinara Sauce  Bagel Yogurt Pack <i>Served with</i>  Baked Acorn Squash</p>	<p><b>W 16</b></p> <p> Honey Chipotle Fish with Roll or  Grilled Cheese Smoked Turkey &amp; Cheddar Hoagie <i>Served with</i> Potato Wedges</p>	<p><b>T 17</b></p> <p>Oven Fried Chicken Drumstick with Cornbread or  Sunbutter Sandwich Roasted Turkey &amp; Cheddar Sandwich <i>Served with</i>  Mashed Sweet Potatoes</p>	<p><b>F 18</b></p> <p>Pepperoni Pizza or  Cheese Pizza Turkey Salami &amp; Cheddar Sandwich</p>
<p><b>M 21</b></p> <p>Chicken Tamale or  Cheese Tamale Sliced Turkey &amp; Cheddar on Flatbread <i>Served with</i> Seasoned Pinto Beans</p>	<p><b>T 22</b></p> <p>Italian Pasta Bake or  Vegetable Balls with Pasta &amp; Marinara with Garlic Bread  Bagel Yogurt Pack <i>Served with</i> Broccoli</p>	<p><b>W 23</b></p> <p><b>NO SCHOOL</b></p>	<p><b>T 24</b></p> <p><b>NO SCHOOL</b></p>	<p><b>F 25</b></p> <p><b>NO SCHOOL</b></p>
<p><b>M 28</b></p> <p> Turkey Alambre Taco or  Vegetable Crumble Taco with Cilantro Lime Rice Sliced Turkey &amp; Cheddar on Flatbread <i>Served with</i> Seasoned Black Beans</p>	<p><b>T 29</b></p> <p>Swedish Beef Meatballs or  Vegetable Balls with Pasta  Bagel Yogurt Pack <i>Served with</i> Roasted Broccoli</p>	<p><b>W 30</b></p> <p>Chicken Patty Sandwich or  Black Bean Burger Smoked Turkey &amp; Cheddar Hoagie <i>Served with</i>  Sweet Potato JoJos</p>	<p><b>Complement Meal with Market Cart Salad Bar. Milk Offered Daily.</b></p> <p><small>This institution is an equal opportunity provider. <a href="http://cws.mpls.k12.mn.us">cws.mpls.k12.mn.us</a></small></p> <p> Meatless Option  Farm to School  Contains Fish</p> <p><small>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 <a href="http://cws.mpls.k12.mn.us">cws.mpls.k12.mn.us</a>.</small></p>	