

October Community

SITES 2022

M SNACK 3

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, Apple Slices

T SNACK 4

Tortilla Rounds,
Fruit Punch

SUPER POWER BOX

Pita Chips & Hummus,
Yogurt Cup, Juice Box,
Carrots

DINNER

Smoked Turkey &
Cheddar Hoagie, Carrots,
Apple Slices

W BREAKFAST 5

Cinnamon Oat Bread
Picnic

SNACK

Cheeze-its, Apple Juice

SUPER POWER BOX

Sunwise Sandwich,
Cheese Stick, Juice Box,
Carrots

DINNER

Chicken Caesar Salad
with Roll, Fruit Cup

T SNACK 6

Cheddar Sunchips,
Fruit Punch

SUPER POWER BOX

Bagel with Chocolate Sea
Salt Spread, Yogurt Cup,
Juice Box, Apple Slices

DINNER

Sunwise Sandwich,
Cheese Stick, Carrots,
Apple Slices

F SNACK 7

Pita Chips,
Apple Juice

SUPER POWER BOX

Tortilla Scoops, Turkey
Coins, Cheese Stick,
Juice Box, Fruit

DINNER

Pita Chips with Hummus
Cup, Turkey Coins,
Carrots, Grapes

M SNACK 10

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, Apple Slices

T SNACK 11

Garden Salsa Sunchips,
Apple Juice

SUPER POWER BOX

Cheddar Crisp Crackers,
Turkey Stick, Cheese
Stick, Juice Box, Apple
Slices

DINNER

Chicken Salad on
Flatbread, Carrots, Apple
Slices

W SNACK 12

Tortilla Rounds,
Fruit Punch

SUPER POWER BOX

Pita Chips & Hummus,
Yogurt Cup, Juice Box,
Carrots

DINNER

Mediterranean Chicken
Salad with Roll, Fruit Cup

T SNACK 13

Cheeze-its, Apple Juice

SUPER POWER BOX

Sunwise Sandwich,
Cheese Stick, Juice Box,
Carrots

DINNER

Sunwise Sandwich,
Cheese Stick, Carrots,
Apple Slices

F SNACK 14

Cheddar Sunchips,
Fruit Punch

SUPER POWER BOX

Bagel with Chocolate Sea
Salt Spread, Yogurt Cup,
Juice Box, Apple Slices

DINNER

Pita Chips with Hummus
Cup, Turkey Coins,
Carrots, Grapes

M SNACK 17

Pita Chips,
Apple Juice

SUPER POWER BOX

Tortilla Scoops, Turkey
Coins, Cheese Stick,
Juice Box, Raisins

DINNER

Bagel with Chocolate
Spread, Yogurt Cup,
Carrots, Apple Slices

T SNACK 18

Pretzel Goldfish Crackers,
Fruit Punch

SUPER POWER BOX

Animal Crackers, Yogurt
Cup, Cheese Stick, Juice
Box, Fruit Cup

DINNER

Turkey Salami & Cheddar
Sandwich, Carrots, Apple
Slices

W BREAKFAST 19

Apple Oatmeal Bar Picnic

SNACK

Garden Salsa Sunchips,
Apple Juice

SUPER POWER BOX

Cheddar Crisp Crackers,
Turkey Stick, Cheese
Stick, Juice Box, Apple
Slices

DINNER

Beef Taco Salad with
Chips, Fruit Cup

T BREAKFAST 20

Blueberry Chex Picnic

SNACK

Tortilla Rounds,
Fruit Punch

SUPER POWER BOX

Pita Chips & Hummus,
Yogurt Cup, Juice Box,
Carrots

DINNER

Sunwise Sandwich,
Cheese Stick, Carrots,
Apple Slices

F BREAKFAST 21

Cinnamon Oat Bread
Picnic

SNACK

Cheeze-its, Apple Juice

SUPER POWER BOX

Sunwise Sandwich,
Cheese Stick, Juice Box,
Carrots

DINNER

Pita Chips with Hummus
Cup, Turkey Coins,
Carrots, Grapes

M SNACK 24

Cheddar Sunchips,
Fruit Punch

SUPER POWER BOX

Bagel with Chocolate Sea
Salt Spread, Yogurt Cup,
Juice Box, Apple Slices

DINNER

Bagel with Chocolate
Spread, Yogurt Cup,
Carrots, Apple Slices

T SNACK 25

Pita Chips,
Apple Juice

SUPER POWER BOX

Tortilla Scoops, Turkey
Coins, Cheese Stick,
Juice Box, Raisins

DINNER

Turkey & Cheddar on
Flatbread, Carrots, Apple
Slices

W SNACK 26

Pretzel Goldfish Crackers,
Fruit Punch

SUPER POWER BOX

Animal Crackers, Yogurt
Cup, Cheese Stick, Juice
Box, Fruit Cup

DINNER

Chicken Salad on Lettuce
with Roll, Fruit Cup

T SNACK 27

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 SNACK 28

Tortilla Rounds,
Fruit Punch

SUPER POWER BOX

Pita Chips & Hummus,
Yogurt Cup, Juice Box,
Carrots

DINNER

Pita Chips with Hummus
Cup, Turkey Coins,
Carrots, Grapes

M SNACK 31

Cheeze-its, Apple Juice

SUPER POWER BOX

Pita Chips & Hummus,
Yogurt Cup, Juice Box,
Carrots

DINNER

Bagel with Chocolate
Spread, Yogurt Cup,
Carrots, Apple Slices

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



TRUE FOOD

PROVIDED BY MPS CWS

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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.