

October lunch

NATIONAL FARM to SCHOOL MONTH



ON-SITE 2022



<p>M 3</p> <p> Turkey Alambre Tacos or Vegetable Crumble Tacos with Cilantro Lime Rice</p> <p>Bagel Yogurt Pack</p> <p>Served with Seasoned Black Beans</p>	<p>T 4</p> <p>Swedish Beef Meatballs with Pasta or Swedish Vegetable Balls with Pasta</p> <p>Smoked Turkey & Cheddar Hoagie</p> <p>Served with Roasted Broccoli</p>	<p>W 5</p> <p>NO SCHOOL</p>	<p>6</p> <p>#MNTHURSDAYS</p> <p> Butternut Squash Turkey Chili or Meatless Chili with Cornbread</p> <p> Carrot Salad</p> <p>Snickerdoodle Cookie</p> <p>Smoked Turkey & Cheddar Hoagie</p>	<p>F 7</p> <p> Sliced Turkey or Tofu Bites with Mashed Potatoes</p> <p>Smoked Turkey & Cheddar Hoagie</p> <p>Served with Roasted Beets</p>
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National School Lunch Week Oct 10-14

<p>Beef Hamburger, Beef Cheeseburger or Black Bean Burger</p> <p>Bagel Yogurt Pack</p> <p>Served with Tator Tots</p>	<p>Chicken & Cheese or Black Bean & Cheese Quesadilla</p> <p>Chicken Salad with Flatbread</p> <p>Served with Seasoned Corn</p>	<p>Chicken à la King or Grilled Cheese</p> <p>Chicken Salad with Flatbread</p>	<p>Cheese Lasagna & Garlic Toast</p> <p>Chicken Salad with Flatbread</p> <p>Served with Delicata Squash</p>	<p>BBQ Meatballs or BBQ Vegetable Balls with Mac & Cheese</p> <p>Chicken Salad with Flatbread</p> <p>Served with Coleslaw</p>
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<p>M 17</p> <p> BBQ Pulled Turkey Sandwich or Black Bean Burger</p> <p>Bagel Yogurt Pack</p> <p>Served with Baked Beans</p>	<p>T 18</p> <p>Chicken Parmesan or Vegetable Balls with Spaghetti & Marinara Sauce</p> <p>Turkey Salami & Cheddar Sandwich</p> <p>Served with California Blend</p>	<p>W 19</p> <p>MEA BREAK NO SCHOOL</p>	<p>T 20</p> <p>MEA BREAK NO SCHOOL</p>	<p>F 21</p> <p>MEA BREAK NO SCHOOL</p>
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<p>M 24</p> <p>Chicken Tamale or Cheese Tamale with Rice</p> <p>Bagel Yogurt Pack</p> <p>Served with Seasoned Pinto Beans</p>	<p>T 25</p> <p>Italian Pasta Bake or Meatless Pasta Bake with Garlic Bread</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Braised Kale</p>	<p>W 26</p> <p>Sweet & Sour Chicken or Sweet & Sour Tofu Bites with Brown Rice</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Roasted Kohlrabi</p>	<p>T 27</p> <p>French Herb Chicken Drumstick or Grilled Cheese</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Green Beans</p>	<p>F 28</p> <p> Beef Hot Dog with Beef Chili & Cheese or Black Bean Burger</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Tator Tots</p>
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<p>M 31</p> <p> Turkey Alambre Tacos or Vegetable Crumble Tacos with Cilantro Lime Rice</p> <p>Bagel Yogurt Pack</p> <p>Served with Seasoned Black Beans</p>

Compliment Meal with Market Cart Salad Bar. Milk Offered Daily.

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Meatless Option

JR Iron Chef Recipe

Farm To School

Contains Fish



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.