

October lunch

NATIONAL FARM to SCHOOL MONTH



PREPACK 2022



<p>M 3</p> <p> Turkey Alambre or Vegetable Crumble with Rice & Chips</p> <p>Bagel Yogurt Pack</p> <p>Served with 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 Mixed Vegetables</p>	<p>W 5</p> <p>NO SCHOOL</p>	<p>6</p> <p>#MNTURSDAYS</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>Roasted Turkey with Mashed Potatoes or Cheese Stromboli</p> <p>Smoked Turkey & Cheddar Hoagie</p> <p>Served with Red 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 Potato Wedges</p>	<p>Shredded Beef Burrito or Bean & Cheese Burrito</p> <p>Chicken Salad with Flatbread</p> <p>Served with Pinto Beans</p>	<p>Chicken à la King or Grilled Cheese</p> <p>Chicken Salad with Flatbread</p>	<p>Lasagna Roll with Marinara</p> <p>Chicken Salad with Flatbread</p> <p>Served with Mixed Vegetables</p>	<p>BBQ Meatballs or BBQ Vegetable Balls with Green Beans, Mac & Cheese & Roll</p> <p>Chicken Salad with Flatbread</p>
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<p>M 17</p> <p>Turkey Burger, Turkey Cheeseburger or Black Bean Burger</p> <p>Bagel Yogurt Pack</p> <p>Served with Baked Beans</p>	<p>T 18</p> <p>Meatballs with Marinara & Penne or Vegetable Ball Pasta Bake</p> <p>Turkey Salami & Cheddar Sandwich</p> <p>Served with Mixed Vegetables</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</p> <p>Bagel Yogurt Pack</p> <p>Served with Pinto Beans</p>	<p>T 25</p> <p>Italian Pasta Bake or Meatless Pasta Bake</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Mixed Vegetables</p>	<p>W 26</p> <p>Sweet & Sour Chicken with Brown Rice</p> <p>Sunbutter Sandwich</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Diced Kohlrabi</p>	<p>T 27</p> <p>Baked Herb Chicken with Diced Potatoes</p> <p>Grilled Cheese</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Coleslaw</p>	<p>F 28</p> <p> Beef Hot Dog or Black Bean Burger</p> <p>Turkey & Cheddar on Flatbread</p> <p>Served with Sweet Potatoes</p>
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<p>M 31</p> <p> Turkey Alambre or Vegetable Crumble with Rice & Chips</p> <p>Bagel Yogurt Pack</p> <p>Served with Black Beans</p>
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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.