

# September lunch

ON-SITE 2022

<p><b>M 5</b></p> <p><b>LABOR DAY</b></p>	<p><b>T 6</b></p> <p><b>Entrée</b> Choose 1</p> <p>Four-Cheese Pizza, Pepperoni Pizza, Bagel Yogurt Pack</p> <p><b>Vegetable</b></p>	<p><b>W 7</b></p> <p><b>Entrée</b> Choose 1</p> <p>Chicken Patty Sandwich, Spicy Black Bean Burger, Smoked Turkey &amp; Cheddar Hoagie</p> <p><b>Vegetable</b> Sweet Potato JoJos</p>	<p><b>T 8</b></p> <p><b>Entrée</b> Choose 1</p> <p>BBQ Rubbed Chicken, Grilled Cheese, Smoked Turkey &amp; Cheddar Hoagie</p> <p><b>Vegetable</b> 🚲 Corn on the Cob</p>	<p><b>F 9</b></p> <p><b>Entrée</b> Choose 1</p> <p>Sliced Turkey with Mashed Potatoes, Cheese Stromboli, Smoked Turkey &amp; Cheddar Hoagie</p> <p><b>Vegetable</b> 🚲 Green Beans</p>
<p><b>M 12</b></p> <p><b>Entrée</b> Choose 1</p> <p>Beef Cheeseburger, Spicy Black Bean Burger, Bagel Yogurt Pack</p> <p><b>Vegetable</b> Tator Tots</p>	<p><b>T 13</b></p> <p><b>Entrée</b> Choose 1</p> <p>Chicken &amp; Cheese Quesadilla, Black Bean &amp; Cheese Quesadilla, Chicken Salad with Flatbread</p> <p><b>Vegetable</b> Seasoned Corn</p>	<p><b>W 14</b></p> <p><b>Entrée</b> Choose 1</p> <p>Chicken à la King, Grilled Cheese, Chicken Salad with Flatbread</p>	<p><b>T 15</b></p> <p><b>Entrée</b> Choose 1</p> <p>Cheese Lasagna &amp; Garlic Toast, Chicken Salad with Flatbread</p> <p><b>Vegetable</b> Roasted Broccoli</p>	<p><b>F 16</b></p> <p><b>Entrée</b> Choose 1</p> <p>BBQ Meatballs, BBQ Vegetable Balls with Mac &amp; Cheese, Chicken Salad with Flatbread</p> <p><b>Vegetable</b> Seasoned Mixed Veggies</p>
<p><b>M 19</b></p> <p><b>Entrée</b> Choose 1</p> <p>BBQ Pulled Turkey Sandwich, Spicy Black Bean Burger, Bagel Yogurt Pack</p> <p><b>Vegetable</b> Baked Beans</p>	<p><b>T 20</b></p> <p><b>Entrée</b> Choose 1</p> <p>Chicken Parmesan, Vegetable Balls, with Spaghetti &amp; Marinara Sauce, Turkey Bologna &amp; Cheddar Sandwich</p> <p><b>Vegetable</b> 🚲 Roasted Italian Vegetables</p>	<p><b>W 21</b></p> <p><b>Entrée</b> Choose 1</p> <p>Honey Chipotle Pollock Grilled Cheese, Turkey Bologna &amp; Cheddar Sandwich</p> <p><b>Vegetable</b> Potato Wedges</p>	<p><b>T 22</b></p> <p><b>Entrée</b> Choose 1</p> <p>Chicken Drumstick Sunbutter Sandwich, Turkey Bologna &amp; Cheddar Sandwich</p> <p><b>Vegetable</b> Oven Braised Kale</p>	<p><b>F 23</b></p> <p><b>Entrée</b> Choose 1</p> <p>Four-Cheese Pizza, Pepperoni Pizza, Turkey Bologna &amp; Cheddar Sandwich</p>
<p><b>M 26</b></p> <p><b>NO SCHOOL</b></p>	<p><b>T 27</b></p> <p><b>Entrée</b> Choose 1</p> <p>Chicken Tamale, Cheese Tamale, with Southwest Rice &amp; Salsa, Bagel Yogurt Pack</p> <p><b>Vegetable</b> Seasoned Pinto Beans</p>	<p><b>W 28</b></p> <p><b>Entrée</b> Choose 1</p> <p>Sweet &amp; Sour Chicken, Sweet &amp; Sour Tofu Bites, with Brown Rice, Turkey &amp; Cheddar on Flatbread</p> <p><b>Vegetable</b> Steamed Broccoli</p>	<p><b>T 29</b></p> <p><b>Entrée</b> Choose 1</p> <p>French Herb Chicken Drumstick, Grilled Cheese, Turkey &amp; Cheddar on Flatbread</p> <p><b>Vegetable</b> Green Beans</p>	<p><b>F 30</b></p> <p><b>Entrée</b> Choose 1</p> <p>Beef Hot Dog with Beef Chili &amp; Cheese, Spicy Black Bean Burger, Turkey &amp; Cheddar on Flatbread</p> <p><b>Vegetable</b> Tator Tots</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 [ews.mpls.k12.mn.us](http://ews.mpls.k12.mn.us).