

September lunch

PREPACK 2022

<p>M 5</p> <p>LABOR DAY</p>	<p>T 6</p> <p>Entrée Choose 1</p> <p>French Bread Cheese Pizza, Bagel Yogurt Pack</p>	<p>W 7</p> <p>Entrée Choose 1</p> <p>Chicken Fillet Sandwich with Sweet Potatoes, Black Bean Burger, Smoked Turkey & Cheddar Hoagie</p>	<p>T 8</p> <p>Entrée Choose 1</p> <p>BBQ Rubbed Chicken with Dirty Rice & Roll, Grilled Cheese, Smoked Turkey & Cheddar Hoagie</p> <p>Vegetable Corn on the Cob</p>	<p>F 9</p> <p>Entrée Choose 1</p> <p>Roasted Turkey with Mashed Potatoes, Cheese Stromboli, Smoked Turkey & Cheddar Hoagie</p> <p>Vegetable Green Beans</p>
<p>M 12</p> <p>Entrée Choose 1</p> <p>Chicken Hamburger, Chicken Cheeseburger, Black Bean Burger, Bagel Yogurt Pack</p> <p>Vegetable Potato Wedges</p>	<p>T 13</p> <p>Entrée Choose 1</p> <p>Shredded Beef Burrito, Bean & Cheese Burrito, Chicken Salad with Flatbread</p> <p>Vegetable Brown Rice</p>	<p>W 14</p> <p>Entrée Choose 1</p> <p>Chicken à la King, Grilled Cheese, Chicken Salad with Flatbread</p>	<p>T 15</p> <p>Entrée Choose 1</p> <p>Lasagna Roll with Marinara, Chicken Salad with Flatbread</p> <p>Vegetable Mixed Vegetables</p>	<p>F 16</p> <p>Entrée Choose 1</p> <p>BBQ Meatballs, BBQ Vegetable Balls, with Green Beans, Mac & Cheese & Roll, Chicken Salad with Flatbread</p>
<p>M 19</p> <p>Entrée Choose 1</p> <p>Turkey Burger, Cheese Turkey Burger, Black Bean Burger, Bagel Yogurt Pack</p> <p>Vegetable Baked Beans</p>	<p>T 20</p> <p>Entrée Choose 1</p> <p>Meatballs with Marinara & Penne, Vegetable Ball Pasta Bake, or Turkey Bologna & Cheddar Sandwich</p> <p>Vegetable Mixed Vegetables</p>	<p>W 21</p> <p>Entrée Choose 1</p> <p>Honey Chipotle Fish, Grilled Cheese, Turkey Bologna & Cheddar Sandwich</p> <p>Vegetable Potato Wedges</p>	<p>T 22</p> <p>Entrée Choose 1</p> <p>BBQ Chicken with Green Beans & Cornbread, Sunbutter Sandwich, Turkey Bologna & Cheddar Sandwich</p> <p>Vegetable Oven Braised Kale</p>	<p>F 23</p> <p>Entrée Choose 1</p> <p>French Bread Cheese Pizza, Turkey Bologna & Cheddar Sandwich</p>
<p>M 26</p> <p>NO SCHOOL</p>	<p>T 27</p> <p>Entrée Choose 1</p> <p>Chicken Tamale, Cheese Tamale with Salsa, Bagel Yogurt Pack</p> <p>Vegetable Pinto Beans</p>	<p>W 28</p> <p>Entrée Choose 1</p> <p>Sweet & Sour Chicken with Brown Rice, Sunbutter Sandwich, Turkey & Cheddar on Flatbread</p>	<p>T 29</p> <p>Entrée Choose 1</p> <p>Baked Herb Chicken with Roll, Grilled Cheese, Turkey & Cheddar on Flatbread</p> <p>Vegetable Diced Potatoes</p>	<p>F 30</p> <p>Entrée Choose 1</p> <p>Beef Hot Dog, Black Bean Burger, Turkey & Cheddar on Flatbread</p> <p>Vegetable Sweet Potatoes</p>

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

This institution is an equal opportunity provider. ews.mpls.k12.mn.us



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.