

September Community

SITES 2022

M 5

LABOR DAY

COMMUNITY SITES CLOSED

T 6

SNACK
Chocolate Bear Grahams, Apple Juice

SUPER POWER BOX
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

DINNER
Smoked Turkey & Cheddar Hoagie, Carrots, Apple Slices

W 7

SNACK
Pretzel Goldfish, Fruit Punch

SUPER POWER BOX
Sunwise Sandwich, Cheese Stick, Juice Box, Carrots

DINNER
Chicken Caesar Salad with Roll, Fruit Cup

T 8

SNACK
Cheddar Sunchips, Apple Juice

SUPER POWER BOX
Bagel with Chocolate Sea Salt Spread, Yogurt Cup, Juice Box, Fruit Cup

DINNER
Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 9

SNACK
Annie's Bunny Grahams, Fruit Punch

SUPER POWER BOX
Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Raisins

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

M 12

SNACK
Cheddar Crisp Crackers, Apple Juice

SUPER POWER BOX
Granola Bites, Yogurt Cup, Cheese Stick, Juice Box, Grapes

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

T 13

SNACK
Pita Chips, Fruit Punch

SUPER POWER BOX
Cheddar Crisp Crackers, Turkey Stick, Juice Box, Apple Slices

DINNER
Chicken Salad on Flatbread, Carrots, Apple Slices

W 14

SNACK
Cheez-its, Apple Juice

SUPER POWER BOX
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

DINNER
Mediterranean Chicken Salad with Roll, Fruit Cup

T 15

SNACK
Tortilla Chips, Fruit Punch

SUPER POWER BOX
Sunwise Sandwich, Cheese Stick, Juice Box, Carrots

DINNER
Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 16

SNACK
Chocolate Bear Grahams, Apple Juice

SUPER POWER BOX
Bagel with Chocolate Sea Salt Spread, Yogurt Cup, Juice Box, Fruit Cup

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

M 19

SNACK
Pretzel Goldfish, Fruit Punch

SUPER POWER BOX
Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Raisins

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

T 20

SNACK
Cheddar Sunchips, Apple Juice

SUPER POWER BOX
Granola Bites, Yogurt Cup, Cheese Stick, Juice Box, Grapes

DINNER
Turkey Bologna & Cheddar Sandwich, Carrots, Apple Slices

W 21

SNACK
Annie's Bunny Grahams, Fruit Punch

SUPER POWER BOX
Cheddar Crisp Crackers, Turkey Stick, Juice Box, Apple Slices

DINNER
Beef Taco Salad with Chips, Fruit Cup

T 22

SNACK
Cheddar Crisp Crackers, Apple Juice

SUPER POWER BOX
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

DINNER
Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 23

SNACK
Pita Chips, Fruit Punch

SUPER POWER BOX
Sunwise Sandwich, Cheese Stick, Juice Box, Carrots

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

M 26

BREAKFAST
Apple Bar Picnic

SNACK
Cheez-its, Apple Juice

SUPER POWER BOX
Bagel with Chocolate Sea Salt Spread, Yogurt Cup, Juice Box, Fruit Cup

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

T 27

SNACK
Tortilla Chips, Fruit Punch

SUPER POWER BOX
Tortilla Chips, Turkey Coins, Cheese Stick, Juice Box, Raisins

DINNER
Turkey & Cheddar on Flatbread, Carrots, Apple Slices

W 28

SNACK
Chocolate Bear Grahams, Apple Juice

SUPER POWER BOX
Granola Bites, Yogurt Cup, Cheese Stick, Juice Box, Grapes

DINNER
Chicken Salad on Lettuce with Roll, Fruit Cup

T 29

SNACK
Pretzel Goldfish, Fruit Punch

SUPER POWER BOX
Cheddar Crisp Crackers, Turkey Stick, Juice Box, Apple Slices

DINNER
Sunwise Sandwich, Cheese Stick, Carrots, Apple Slices

F 30

SNACK
Cheddar Sunchips, Apple Juice

SUPER POWER BOX
Pita Chips & Hummus, Yogurt Cup, Juice Box, Carrots

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

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.