

December



VENDED MEALS 2023



Selection of Fruit and Milk Offered Daily.



WE DO NOT SERVE PORK HERE.

No servimos cerdo aqui.

Waxaan halkan kuma adeegi doofaarka.

Peb tsis pab ngaij npuas no.

Know Your Food 🍷 Local Business 🍳 JR Iron Chef Recipe
 🌱 Meatless Option 🚗 Farm to School 🐟 Contains Fish

F 1

BREAKFAST
 Chocolate Cherry
 Breakfast Bar,
 Cheese Stick,
 Apple Slices

LUNCH
 🌱 Cheese Pizza
 Roasted Turkey &
 Cheddar Sandwich

M 4

BREAKFAST
 French Toast Bread,
 🚗 Yogurt Cup, Granola

LUNCH
 Chicken Alfredo,
 🌱 Penne with Alfredo
 🌱 Bagel Yogurt Pack
 Served with
 Seasoned Peas

T 5

BREAKFAST
 Maple Butter
 Belgian Waffle,
 Cheese Stick,
 Chocolate Sea Salt Bar

LUNCH
 🐟 Honey
 Chipotle Fish,
 🌱 Creamy Mac &
 Cheese
 Roasted Turkey &
 Cheddar on Flatbread
 Served with
 Green Beans

W 6

BREAKFAST
 Aebleskiver,
 🚗 Yogurt Cup, Granola

LUNCH
 BBQ Boneless
 Chicken Nuggets,
 🌱 BBQ Soy Nuggets,
 Smoked Turkey &
 Cheddar on Pullman
 Served with
 Baked Potato Wedge,
 Dinner Roll

T 7

BREAKFAST
 Bagel with Cream
 Cheese, Hard Boiled Egg,
 Chocolate Sea Salt Bar

LUNCH
 🌱 Bean &
 Cheese Burrito
 Chicken Salad on
 Flatbread
 Served with
 Seasoned Pinto Beans

F 8

NO SCHOOL

M 11

BREAKFAST
 Banana Bread,
 🚗 Yogurt Cup, Granola

LUNCH
 🌱 Cheese Omelet,
 Pancake with Blueberry
 Compote
 🌱 Bagel Yogurt Pack
 Served with
 Diced Seasoned
 Potatoes

T 12

BREAKFAST
 Blueberry Belgian
 Waffle, Cheese Stick,
 Chocolate Sea Salt Bar

LUNCH
 Beef Hamburger,
 Beef Cheeseburger,
 🌱 Black Bean Burger
 Roasted Turkey &
 Cheddar on Flatbread
 Served with
 Baked Beans

W 13

BREAKFAST
 Maple Pancakes,
 🚗 Yogurt Cup, Granola

LUNCH
 Meatballs with
 Marinara & Penne,
 🌱 Italian Vegetable
 Crumble Pasta Bake
 Smoked Turkey &
 Cheddar on Pullman
 Served with
 Dinner Roll, Country
 Blend Vegetables

T 14

BREAKFAST
 French Toast Sticks,
 Hard Boiled Egg,
 Chocolate Sea Salt Bar

LUNCH
 Baked Herb Chicken,
 🌱 Baked Soy Nuggets
 Chicken Salad on
 Flatbread
 Served with
 Yellow Rice,
 Seasoned Peas

F 15

BREAKFAST
 Chocolate Cherry
 Breakfast Bar,
 Cheese Stick,
 Granola

LUNCH
 🌱 Cheese Pizza
 Roasted Turkey &
 Cheddar Sandwich

M 18

T 19

W 20

T 21

F 22

WINTER BREAK DEC 18 - JAN 1

M 25

T 26

W 27

T 28

F 29



PROVIDED BY MPS CWS

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.