

November



follow us at MPS True Food



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

TRUE FOOD

PROVIDED BY MPS CWS

Milk available with Breakfast, Super Power Box, and Dinner.



WE DO NOT SERVE PORK HERE.
No servimos cerdo aqui.
Waxaan helkan kuma adeegi doofaarka.
Peb tsis pob ngajij npuas no.

Know Your Food Farm to School

W 1

SNACK

Mixed Berry Animal Crackers, Fruit Punch

SUPER POWER BOX
Sunwise Sandwich

DINNER

Bagel with Apple Spread,
 Yogurt Cup,
Carrots, Grapes

T 2

SNACK

Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER

Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 3

BREAKFAST
Blueberry Chex,
Pear Cup

SNACK

Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER

Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

M 6

SNACK

Cheddar Goldfish Crackers,
Apple Juice

SUPER POWER BOX
Turkey Stick & SunChips

DINNER

Roasted Turkey &
Cheddar Sandwich,
Carrots, Fruit Cup

T 7

SNACK

Annie's Bunnies Crackers,
Fruit Punch

SUPER POWER BOX
Bagel & Chickpea Spread

DINNER

Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 8

SNACK

Pretzel Goldfish Crackers,
Apple Juice

SUPER POWER BOX
SunChips & Hummus

DINNER

Bagel with Apple Spread,
 Yogurt Cup,
Carrots, Grapes

T 9

SNACK

Mixed Berry Animal Crackers,
Fruit Punch

SUPER POWER BOX
Sunwise Sandwich

DINNER

Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 10

SNACK

Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER

Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

M 13

SNACK

Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER

Roasted Turkey &
Cheddar Sandwich,
Carrots, Fruit Cup

T 14

SNACK

Cheddar Goldfish Crackers,
Apple Juice

SUPER POWER BOX
Turkey Stick & SunChips

DINNER

Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 15

SNACK

Annie's Bunnies Crackers,
Fruit Punch

SUPER POWER BOX
Bagel & Chickpea Spread

DINNER

Bagel with Apple Spread,
 Yogurt Cup,
Carrots, Grapes

T 16

SNACK

Pretzel Goldfish Crackers,
Apple Juice

SUPER POWER BOX
SunChips & Hummus

DINNER

Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 17

SNACK

Mixed Berry Animal Crackers,
Fruit Punch

SUPER POWER BOX
Sunwise Sandwich

DINNER

Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

M 20

SNACK

Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER

Roasted Turkey &
Cheddar Sandwich,
Carrots, Fruit Cup

T 21

SNACK

Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER

Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 22

BREAKFAST

Banana Bread,
Applesauce Cup

SNACK

Cheddar Goldfish Crackers,
Apple Juice

SUPER POWER BOX
Turkey Stick & SunChips

DINNER

Bagel with Apple Spread,
 Yogurt Cup,
Carrots, Grapes

T 23

BREAKFAST

Blueberry Pomegranate
Breakfast Bar, Fruit Cup

SNACK

Annie's Bunnies Crackers,
Fruit Punch

SUPER POWER BOX
Bagel & Chickpea Spread

DINNER

Smoked Turkey &
Cheddar Sandwich, Fresh
Vegetables, Apple Slices

F 24

BREAKFAST

Cinnamon Chex,
Applesauce Cup

SNACK

Pretzel Goldfish Crackers,
Apple Juice

SUPER POWER BOX
SunChips & Hummus

DINNER

Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

M 27

SNACK

Mixed Berry Animal Crackers,
Fruit Punch

SUPER POWER BOX
Sunwise Sandwich

DINNER

Roasted Turkey &
Cheddar Sandwich,
Carrots, Fruit Cup

T 28

SNACK

Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER

Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 29

SNACK

Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER

Bagel with Apple Spread,
 Yogurt Cup,
Carrots, Grapes

T 30

SNACK

Cheddar Goldfish Crackers,
Apple Juice

SUPER POWER BOX
Turkey Stick & SunChips

DINNER

Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 1

SNACK

Annie's Bunnies Crackers,
Fruit Punch

SUPER POWER BOX
Bagel & Chickpea Spread

DINNER

Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes