

# November / unch



## ON-SITE 2023



Enhance Your Meal with  
 Fresh Farm-to-School  
 Items on the Salad Bar.  
 Milk Offered Daily.



**WE DO NOT SERVE PORK HERE.**  
 No servimos cerdo aqui.  
 Waxaan halkan kuma adeegi doo'aaarka.  
 Pab tsis pab naqij npuas no.

**W 1**

- Breaded Chicken Patty,
- Black Bean Burger
- Roasted Turkey & Cheddar on Flatbread
- Served with Baked Beans

**#MNTHURS 2**

- Bison Chili,
- Vegetarian Chili
- Smoked Turkey & Cheddar on Pullman
- Served with Manoomin Salad, Cornbread, Blueberry Cobbler

**F 3**

**NO SCHOOL**

**M 6**

- Chicken Alfredo,
- Penne with Alfredo
- Baked Soy Nuggets
- Roasted Turkey & Cheddar Sandwich
- Served with Roasted Broccoli

**T 7**

- Honey Chipotle Fish,
- Black Bean Burger
- Bagel Yogurt Pack
- Served with Creamy Mac & Cheese, Green Beans

**W 8**

- BBQ Boneless Chicken Nuggets,
- BBQ Soy Nuggets
- Roasted Turkey & Cheddar on Flatbread
- Served with Potato Wedge, Dinner Roll

**T 9**

- Chicken & Cheese Quesadilla,
- Black Bean & Cheese Quesadilla
- Smoked Turkey & Cheddar on Pullman
- Served with Seasoned Corn, Southwest Rice

**F 10**

- Grilled Cheese Sandwich
- Chicken Salad on Flatbread
- Served with Tomato Soup

**M 13**

- Cheese Omelet, Pancake with Blueberry Compote
- Roasted Turkey & Cheddar Sandwich
- Served with Red Roasted Potatoes

**T 14**

- Beef Hamburger, Beef Cheeseburger,
- Black Bean Burger
- Bagel Yogurt Pack
- Served with Baked Beans

**W 15**

- Spaghetti and Meatballs,
- Spaghetti with Marinara,
- Nori Nuggets with Marinara
- Roasted Turkey & Cheddar on Flatbread
- Served with Green Beans, Garlic Texas Toast

**T 16**

- Oven Fried Chicken Drumstick,
- Baked Soy Nuggets
- Smoked Turkey & Cheddar on Pullman
- Served with Braised Greens, Dinner Roll

**F 17**

- Beef Pepperoni Pizza,
- Cheese Pizza
- Chicken Salad on Flatbread

**M 20**

- Beef Sambusa,
- Lentil Sambusa
- Roasted Turkey & Cheddar Sandwich
- Served with Roasted Butternut Squash, Bariis Rice, Basbaas Sauce

**T 21**

- Sweet & Sour Chicken,
- Sweet & Sour Tofu Bites
- Bagel Yogurt Pack
- Served with Brown Rice, Roasted Broccoli

**W 22**

**NO SCHOOL**

**T 23**

**NO SCHOOL**

**F 24**

**NO SCHOOL**

Know Your Food Local Business JR Iron Chef Recipe  
 Meatless Option Farm to School Contains Fish

**M 27**

- Beef Taco,
- Sofritas Taco,
- Roasted Turkey & Cheddar Sandwich
- Served with Seasoned Black Beans

**T 28**

- Philly Cheesesteak Sandwich,
- Veggie Philly Sandwich
- Bagel Yogurt Pack
- Served with Potato Wedge

**W 29**

- Breaded Chicken Patty,
- Black Bean Burger
- Roasted Turkey & Cheddar on Flatbread
- Served with Baked Beans

**T 30**

- BBQ Rubbed Chicken,
- Grilled Cheese Sandwich
- Smoked Turkey & Cheddar on Pullman
- Served with Dirty Rice, Beets and Sweets

**F 1**

- Beef Pepperoni Pizza,
- Cheese Pizza
- Chicken Salad on Flatbread

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](http://cws.mpls.k12.mn.us).