

November



VENDED MEALS 2023

TRUE FOOD
PROVIDED BY MPS CWS

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 naaj npuas no.

<p>M 6</p> <p>BREAKFAST French Toast Bread, Yogurt Cup, Granola</p> <p>LUNCH Chicken Alfredo, Penne with Alfredo Bagel Yogurt Pack</p> <p>Served with Mixed Vegetable Blend</p>	<p>T 7</p> <p>BREAKFAST Maple Butter Belgian Waffle, Cheese Stick, Chocolate Sea Salt Bar</p> <p>LUNCH Honey Chipotle Fish, Baked Soy Nuggets</p> <p>Roasted Turkey & Cheddar on Flatbread</p> <p>Served with Creamy Mac & Cheese, Green Beans</p>	<p>W 8</p> <p>BREAKFAST Aebleskiver, Yogurt Cup, Granola</p> <p>LUNCH BBQ Boneless Chicken Nuggets, BBQ Soy Nuggets,</p> <p>Smoked Turkey & Cheddar on Pullman</p> <p>Baked Potato Wedge, Dinner Roll</p>	<p>T 9</p> <p>BREAKFAST Bagel with Cream Cheese, Hard Boiled Egg, Chocolate Sea Salt Bar</p> <p>LUNCH Black Bean & Cheese Burrito</p> <p>Chicken Salad on Flatbread</p> <p>Served with Southwest Quinoa</p>	<p>F 10</p> <p>BREAKFAST Blueberry Pomegranate Breakfast Bar, Cheese Stick, Granola</p> <p>LUNCH Grilled Cheese Sandwich</p> <p>Roasted Turkey & Cheddar Sandwich</p> <p>Served with Tomato Soup</p>
<p>M 13</p> <p>BREAKFAST Banana Bread, Yogurt Cup, Granola</p> <p>LUNCH Cheese Omelet, Pancake with Blueberry Compote</p> <p>Bagel Yogurt Pack</p> <p>Served with Diced Seasoned Potatoes</p>	<p>T 14</p> <p>BREAKFAST Blueberry Belgian Waffle, Cheese Stick, Chocolate Sea Salt Bar</p> <p>LUNCH Beef Hamburger, Beef Cheeseburger, Black Bean Burger</p> <p>Roasted Turkey & Cheddar on Flatbread</p> <p>Served with Baked Beans</p>	<p>W 15</p> <p>BREAKFAST Maple Pancakes, Yogurt Cup, Granola</p> <p>LUNCH Meatballs with Marinara & Penne, Italian Vegetable Crumble Pasta Bake</p> <p>Smoked Turkey & Cheddar on Pullman</p> <p>Served with Green Beans, Dinner Roll</p>	<p>T 16</p> <p>BREAKFAST French Toast Sticks, Hard Boiled Egg, Chocolate Sea Salt Bar</p> <p>LUNCH Baked Herb Chicken, Baked Soy Nuggets</p> <p>Chicken Salad on Flatbread</p> <p>Served with Yellow Rice, Seasoned Peas</p>	<p>F 17</p> <p>BREAKFAST Chocolate Cherry Breakfast Bar, Cheese Stick, Granola</p> <p>LUNCH Beef Pepperoni Pizza, Cheese Pizza</p> <p>Roasted Turkey & Cheddar Sandwich</p>
<p>M 20</p> <p>BREAKFAST French Toast Bread, Yogurt Cup, Granola</p> <p>LUNCH Beef Sambusa, Lentil Sambusa</p> <p>Bagel Yogurt Pack</p> <p>Served with Butternut Squash Bake, Bariis Rice, Basbaas Sauce</p>	<p>T 21</p> <p>BREAKFAST Maple Butter Belgian Waffle, Cheese Stick, Chocolate Sea Salt Bar</p> <p>LUNCH Sweet & Sour Chicken</p> <p>Sunbutter Sandwich</p> <p>Roasted Turkey & Cheddar on Flatbread</p> <p>Served with Brown Rice, Green Beans</p>	<p>W 22</p> <p>NO SCHOOL</p>	<p>T 23</p> <p>NO SCHOOL</p>	<p>F 24</p> <p>NO SCHOOL</p>
<p>M 27</p> <p>BREAKFAST Banana Bread, Yogurt Cup, Granola</p> <p>LUNCH Beef Nacho Grande, Vegetable Crumble Nacho Grande</p> <p>Bagel Yogurt Pack</p> <p>Served with Seasoned Pinto Beans, Tortilla Chips</p>	<p>T 28</p> <p>BREAKFAST Blueberry Belgian Waffle, Cheese Stick, Chocolate Sea Salt Bar</p> <p>LUNCH Beef Philly Sandwich, Veggie Philly Sandwich</p> <p>Roasted Turkey & Cheddar on Flatbread</p> <p>Served with Baked Potato Wedge</p>	<p>W 29</p> <p>BREAKFAST Maple Pancakes, Yogurt Cup, Granola</p> <p>LUNCH Breaded Chicken Patty, Black Bean Burger</p> <p>Smoked Turkey & Cheddar on Pullman</p> <p>Served with Diced Sweet Potatoes</p>	<p>T 30</p> <p>BREAKFAST French Toast Sticks, Hard Boiled Egg, Chocolate Sea Salt Bar</p> <p>LUNCH BBQ Rubbed Chicken, BBQ Soy Nuggets</p> <p>Chicken Salad on Flatbread</p> <p>Served with Dirty Rice, Corn on the Cob</p>	<p>F 1</p> <p>BREAKFAST Chocolate Cherry Breakfast Bar, Cheese Stick, Granola</p> <p>LUNCH Beef Pepperoni Pizza, Cheese Pizza</p> <p>Roasted Turkey & Cheddar Sandwich</p>

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

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.