

# September

## VENDED MEALS 2023



**M 4**

**LABOR DAY  
NO SCHOOL**

**T BREAKFAST 5**  
Blueberry Belgian Waffle, Cereal, Cheese Stick

**LUNCH**  
Philly Cheesesteak Sandwich,  
Veggie Philly Sandwich  
Bagel Yogurt Pack

Served with  
Potato Wedges,  
Watermelon

**W 6**

**BREAKFAST**  
Maple Pancakes, Cereal, Yogurt Cup

**LUNCH**  
Breaded Chicken Patty,  
Black Bean Burger  
Smoked Turkey & Cheddar on Pullman

Served with  
Baked Beans

**T BREAKFAST 7**  
French Toast Sticks, Cereal, Hard Boiled Egg

**LUNCH**  
BBQ Rubbed Chicken Drumstick,  
Grilled Cheese  
Chicken Salad on Flatbread

Served with  
Dirty Rice,  
Corn on the Cob

**F 8**

**BREAKFAST**  
Apple Oatmeal Bar, Cereal, Cheese Stick

**LUNCH**  
Pepperoni Pizza,  
Cheese Pizza  
Roasted Turkey & Cheddar Sandwich

**M 11**

**BREAKFAST**  
Sausage & Cheese English Muffin or Cereal, Yogurt Cup

**LUNCH**  
Grilled Cheese  
Bagel Yogurt Pack

Served with  
Tamato Soup

**T BREAKFAST 12**  
Maple Butter Belgian Waffle, Cereal, Cheese Stick

**LUNCH**  
Honey Chipotle Fish,  
Spicy Black Bean Burger  
Roasted Turkey & Cheddar on Flatbread

Served with  
Creamy Mac & Cheese,  
Green Beans

**W 13**

**BREAKFAST**  
Aebleskiver, Cereal, Yogurt Cup

**LUNCH**  
BBQ Boneless Chicken Nuggets,  
BBQ Soy Nuggets  
Smoked Turkey & Cheddar on Pullman

Served with  
Potato Wedges

**T BREAKFAST 14**  
Bagel with Cream Cheese, Cereal, Hard Boiled Egg

**LUNCH**  
Chicken Burrito,  
Black Bean & Cheese Burrito  
Chicken Salad on Flatbread

Served with  
Pinto Beans

**F 15**

**BREAKFAST**  
Strawberry Oatmeal Bar, Cereal, Yogurt Cup

**LUNCH**  
Chicken Alfredo,  
Penne with Alfredo  
Roasted Turkey & Cheddar Sandwich

Served with  
Seasoned Mixed Vegetables

**M 18**

**BREAKFAST**  
Biscuit Sandwich with Egg & Cheese or Cereal, Yogurt Cup

**LUNCH**  
Cheese Omelet, with Pancakes  
Bagel Yogurt Pack

Served with  
Diced Seasoned Potatoes

**T BREAKFAST 19**  
Blueberry Belgian Waffle, Cereal, Cheese Stick

**LUNCH**  
Beef Hamburger, Beef Cheeseburger,  
Spicy Black Bean Burger  
Roasted Turkey & Cheddar on Flatbread

Served with  
Baked Beans

**W 20**

**BREAKFAST**  
Maple Pancakes, Cereal, Yogurt Cup

**LUNCH**  
Penne with Meatballs,  
Italian Veggie Crumble Pasta Bake  
Smoked Turkey & Cheddar on Pullman

Served with  
Green Beans,  
Dinner Roll

**T BREAKFAST 21**  
French Toast Sticks, Cereal, Hard Boiled Egg

**LUNCH**  
Baked Herb Chicken,  
Baked Soy Nuggets  
Chicken Salad on Flatbread

Served with  
Yellow Rice,  
Seasoned Peas,  
Dinner Roll

**F 22**

**BREAKFAST**  
Chocolate Cherry Breakfast Bar, Cereal, Cheese Stick

**LUNCH**  
Pepperoni Pizza,  
Cheese Pizza  
Roasted Turkey & Cheddar Sandwich

**M 25**

**NO SCHOOL**

**T BREAKFAST 26**  
Maple Butter Belgian Waffle, Cereal, Cheese Stick

**LUNCH**  
Sweet & Sour Chicken  
Bagel Yogurt Pack

Served with  
Brown Rice,  
Green Beans

**W 27**

**BREAKFAST**  
Aebleskiver, Cereal, Yogurt Cup

**LUNCH**  
Chicken & Waffles,  
Baked Soy Nuggets & Waffles  
Smoked Turkey & Cheddar on Pullman

Served with  
Diced Seasoned Potatoes

**T BREAKFAST 28**  
Bagel with Cream Cheese, Cereal, Hard Boiled Egg

**LUNCH**  
Lasagna Roll with Marinara  
Chicken Salad on Flatbread

Served with  
Seasoned Mixed Vegetables,  
Dinner Roll

**F BREAKFAST 29**  
Blueberry Pomegranate Breakfast Bar, Cereal, Yogurt Cup

**LUNCH**  
Ferndale Turkey Hot Dog,  
Spicy Black Bean Burger  
Roasted Turkey & Cheddar Sandwich

Served with  
Baked Potato Wedges

**Selection of Fruit and Milk Offered Daily.**

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