

Minnehaha Academy Upper School Lunch Menu

Daily selection of seasonal fruits & vegetables
Made to Order Redhawk Sandwich Bar

October
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Choose MyPlate.gov</p>			<p>1</p> <p>Beef Stroganoff Egg Noodles Glazed Carrots</p> <p>Sweet & Sour Chicken Steamed Rice</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>2</p> <p>Italian Dunkers Hearty Marinara Roasted Cauliflower</p> <p>Chicken Pot Pie</p> <p>Fresh Fruits Seasonal Vegetable Composed Salads</p>
<p>5</p> <p>Build Your Own Burger Bar Curly Fries</p> <p>Pork Gyoza Bowl</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>6</p> <p>Santa Fe Rice Bowl Firenze Corn Salad</p> <p>Thai Peanut Noodle Wrap</p> <p>Fresh Fruit Seasonal Vegetables Composed Salads</p>	<p>7</p> <p>Chicken Pesto Tortellini Garlic Green Beans</p> <p>Baked Potato Bar</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>8</p> <p>Chicken Wild Rice Soup</p> <p>Chicken and Andouille Jambalaya</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>9 Pizza Party!</p> <p>Cheese Pizza Hawaiian Pizza Pepperoni Pizza Sausage Pizza Veggie Pizza</p> <p>Spinach & Feta Turkey Burgers</p>
<p>12</p> <p>Belgian Waffle Bar Hashbrown Potatoes</p> <p>Roast Beef Po'Boy</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>13</p> <p>Beef Taco Spanish Rice</p> <p>Root Beer Glazed Ham Sandwich</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>14</p> <p>Testing Day</p> <p>No Lunch Service</p>	<p>15</p> <p>No School</p> <p>Fall Break</p>	<p>16</p> <p>No School</p> <p>Fall Break</p>
<p>19</p> <p>Italian Meatball Sub Shoestring Fries</p> <p>Beef Chili Honey Cornbread</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>20</p> <p>Build Your Burrito Bowl Southwest Corn Rice, Lime Cilantro WhitePVT</p> <p>Lasagna Rollups</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>21</p> <p>Spaghetti Marinara or Meat Sauce Roasted Broccoli</p> <p>Philly Cheesesteak Sandwich</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>22</p> <p>Jamaican Jerk Grilled Chicken Coconut Rice & Pineapple Salsa</p> <p>Chicken Caesar Wrap</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>23</p> <p>Italian Stromboli Hearty Marinara Italian Roasted Vegetables</p> <p>Butternut Sage Gnocchi</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>
<p>26</p> <p>Chicken & Waffles</p> <p>Chicken Tikki Masala Steamed Brown Rice Garlic Naan</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>27</p> <p>Walking Tacos Refried Beans</p> <p>Israeli Burger</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>28</p> <p>Grilled Cheese on Texas Toast Creamy Tomato Soup</p> <p>Chicken Bacon Ranch Wrap</p> <p>Fresh Fruits Seasonal Vegetables Composed Salads</p>	<p>29</p> <p>Teacher Conferences</p> <p>Early Dismissal</p> <p>Limited Lunch Service</p>	<p>30</p> <p>No School</p> <p>Teacher Conferences</p>

INFORMATION

Main Entree	\$4.95
Extra Entree	\$2.25
Chef of Display	\$4.95
Sandwich Bar	\$4.95
Bowl of Soup	\$2.50

EXTRA INFO

For questions or comments, contact:
Joshua Wilkins - Food Service Director/Chef
Manager
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HARVEST OF



THE MONTH

All the menu information on our app **TaHer Food4Life®**



www.taher.com

Menus are subject to change without notice.