



May Lunch

ON-SITE 2024



This institution is an equal opportunity provider.
mps.schools.org/menus

TRUE FOOD

MPS CULINARY & WELLNESS SERVICES



WE DO NOT SERVE PORK HERE.
No servimos cerdo aqui.
Waxaan halkan kuma adeegi doofaarka.
Peb tsis pab nqaij npuas no.

Know Your Food Local Business Meatless Option
 Farm to School Contains Fish

W 1
 Chicken & Waffles,
 Baked Soy Nuggets & Waffles
 Roasted Turkey & Cheddar on Flatbread
 Served with
 Red Roasted Potatoes

T 2
 Cheese Lasagna
 Smoked Turkey & Swiss on Pullman
 Served with
 Garlic Toast
 California Blend Vegetables

F 3
 Turkey Hot Dog, with chili
 Chocolate Chickpea Flatbread Pack
 Served with
 Tater Tots

M 6
 Beef Taco,
 Sofritas Taco
 Cilantro Lime Slaw
 Turkey Bologna & Cheddar on Bun
 Served with
 Seasoned Black Beans

T 7
 Philly Cheesesteak Sandwich,
 Veggie Philly Sandwich
 Bagel Yogurt Pack
 Served with
 Potato Wedge

W 8
 Breaded Chicken Patty on Bun,
 Black Bean Burger
 Roasted Turkey & Cheddar on Flatbread
 Served with
 Baked Beans

T #MNTHURS 9
 Turkey Nachos
 Seasoned Bean Nachos
 Smoked Turkey & Swiss on Pullman
 Served with
 Cilantro Lime Slaw
 Zesty Lime Yogurt Cake

F 10
 Beef Pepperoni Pizza,
 Cheese Pizza
 Chocolate Chickpea Flatbread Pack

M 13
 Chicken Alfredo Penne Pasta,
 Baked Soy Nuggets
 Turkey Bologna & Cheddar on Bun
 Served with
 Roasted Broccoli

T 14
 Honey Chipotle Fish,
 Creamy Mac & Cheese,
 Black Bean Burger
 Bagel Yogurt Pack
 Served with
 Steamed Green Beans

W 15
 Chicken Nuggets with BBQ Sauce,
 Soy Nuggets with BBQ Sauce,
 Roasted Turkey & Cheddar on Flatbread
 Served with
 Potato Wedge,
 Dinner Roll

T 16
 Chicken & Cheese Quesadilla,
 Black Bean & Cheese Quesadilla
 Smoked Turkey & Swiss on Pullman
 Served with
 Seasoned Corn,
 Southwest Rice

F 17
 Grilled Cheese Sandwich
 Chocolate Chickpea Flatbread Pack
 Served with
 Tomato Soup

M 20
 Cheese Omelet, Pancakes
 Turkey Bologna & Cheddar on Bun
 Served with
 Hash Brown Patty

T 21
 Beef Hamburger, Beef Cheeseburger,
 Black Bean Burger
 Bagel Yogurt Pack
 Served with
 Baked Beans

W 22
 Spaghetti & Meatballs,
 Spaghetti and Nori Nuggets with Marinara
 Roasted Turkey & Cheddar on Flatbread
 Served with
 Garlic Toast,
 Steamed Green Beans

T 23
 Oven Fried Chicken,
 Baked Soy Nuggets
 Smoked Turkey & Swiss on Pullman
 Served with
 Fresh Mashed Potatoes,
 Dinner Roll

F 24
 Beef Pepperoni Pizza,
 Cheese Pizza
 Chocolate Chickpea Flatbread Pack

M 27
NO SCHOOL

T 28
 Sweet & Sour Chicken,
 Sweet & Sour Tofu Bites
 Bagel Yogurt Pack
 Served with
 Brown Rice,
 Roasted Broccoli

W 29
 Chicken & Waffles,
 Baked Soy Nuggets & Waffles
 Roasted Turkey & Cheddar on Flatbread
 Served with
 Red Roasted Potatoes

T 30
 Cheese Lasagna
 Smoked Turkey & Swiss on Pullman
 Served with
 Garlic Toast
 California Blend Vegetables

F 31
 Turkey Hot Dog, with chili
 Chocolate Chickpea Flatbread Pack
 Served with
 Tater Tots

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.