

Milk available with
Breakfast, Super Power
Box, and Dinner.



May

COMMUNITY SITES 2024



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
mipschools.org/menus



WE DO NOT SERVE PORK HERE.

No servimos cerdo aqui.
Waxaan halkan kuma adeegi doofaarka.
Peb tsis pab naqii npuas no.

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

TRUE FOOD
PROVIDED BY MPS CWS

M 6

SNACK
Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER
Roasted Turkey &
Cheddar Sandwich,
Carrots & Ranch
Dressing, Fruit Cup

T 7

SNACK
Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER
Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 8

SNACK
Cheddar Goldfish
Crackers, Apple Juice

SUPER POWER BOX
Turkey Stick & Sunchips

DINNER
Bagel with Apple Spread,
 Yogurt Cup,
Carrots & Ranch
Dressing, Grapes

T 9

SNACK
Annie's Bunnies Crackers,
Fruit Punch

SUPER POWER BOX
Bagel & Chickpea Spread

DINNER
Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 10

SNACK
Pretzel Goldfish Crackers,
Apple Juice

SUPER POWER BOX
Sunchips & Hummus

DINNER
Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

M 13

SNACK
Mixed Berry Animal
Crackers, Fruit Punch

SUPER POWER BOX
Chickpea Sandwich

DINNER
Roasted Turkey &
Cheddar Sandwich,
Carrots & Ranch
Dressing, Fruit Cup

T 14

SNACK
Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER
Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 15

SNACK
Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER
Bagel with Apple Spread,
 Yogurt Cup,
Carrots & Ranch
Dressing, Grapes

T 16

SNACK
Cheddar Goldfish
Crackers, Apple Juice

SUPER POWER BOX
Turkey Stick & Sunchips

DINNER
Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 17

SNACK
Annie's Bunnies Crackers,
Fruit Punch

SUPER POWER BOX
Bagel & Chickpea Spread

DINNER
Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

M 20

SNACK
Pretzel Goldfish Crackers,
Apple Juice

SUPER POWER BOX
Sunchips & Hummus

DINNER
Roasted Turkey &
Cheddar Sandwich,
Carrots & Ranch
Dressing, Fruit Cup

T 21

SNACK
Mixed Berry Animal
Crackers, Fruit Punch

SUPER POWER BOX
Chickpea Sandwich

DINNER
Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 22

SNACK
Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER
Bagel with Apple Spread,
 Yogurt Cup,
Carrots & Ranch
Dressing, Grapes

T 23

SNACK
Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER
Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 24

SNACK
Cheddar Goldfish
Crackers, Apple Juice

SUPER POWER BOX
Turkey Stick & Sunchips

DINNER
Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

M BREAKFAST 27

Blueberry Pomegranate
Bar, Peach Cup

SNACK
Annie's Bunnies Crackers,
Fruit Punch

SUPER POWER BOX
Bagel & Chickpea Spread

DINNER
Roasted Turkey &
Cheddar Sandwich,
Carrots & Ranch
Dressing, Fruit Cup

T 28

SNACK
Pretzel Goldfish Crackers,
Apple Juice

SUPER POWER BOX
Sunchips & Hummus

DINNER
Sunwise Sandwiches,
Fresh Vegetables,
Apple Slices

W 29

SNACK
Mixed Berry Animal
Crackers, Fruit Punch

SUPER POWER BOX
Chickpea Sandwich

DINNER
Bagel with Apple Spread,
 Yogurt Cup,
Carrots & Ranch
Dressing, Grapes

T 30

SNACK
Cheddar Crisp Crackers,
Apple Juice

SUPER POWER BOX
Hummus & Flatbread

DINNER
Smoked Turkey &
Cheddar Sandwich,
Fresh Vegetables,
Apple Slices

F 31

SNACK
Garden Salsa SunChips,
Fruit Punch

SUPER POWER BOX
Tortilla Chips & Salsa

DINNER
Flatbread with Hummus,
Cheese Stick,
Carrots, Grapes

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.