# ummer mpschools.org/menus Milk Offered Daily.

K-12 LUNCH JUNE-AUGUST

Meatless Option

#### June 24 M

Cheese Enchilada or Bagel Yogurt Pack Pinto Beans, **Apple Slices** 

#### T Chicken Nuggets 5 with Teriyaki

or Soy Nuggets with Sweet & Sour

Roast Turkey & Cheddar on Flatbread

> Brown Rice, Mixed Vegetables, Grapes

Lasagna with Marinara Chicken Salad with Flatbread Green Beans. Dinner Roll,

#### Beef Hamburaer or Cheeseburger or Black Bean Burger

Turkey Bologna & Cheddar on Bun Seasoned Potatoes, Fruit Cup

#### M July 1

Chicken Tamale or Bagel Yogurt Pack Pinto Beans,

Sliced Apples

## Tu

Chicken Fillet Sandwich or Black Bean Burger

Roast Turkey & Cheddar on Flatbread

Sweet Potatoes, Grapes

#### W Bison Chili or Vegetarian Chili

Fruit Cup

Chicken Salad with Flatbread Carrots, Mini Corn Loaf, Fruit Cup

# Th CLOSED JULY 4 INDEPENDENCE

# M

Bagel Yogurt Pack

> Pinto Beans, **Apple Slices**

#### Chicken Nuggets with Teriyaki

or Soy Nuggets with Sweet & Sour

Roast Turkey & Cheddar on Flatbread

> Brown Rice, Mixed Vegetables, Grapes

Chicken Fillet Sandwich or

Black Bean Burger

Roast Turkey & Cheddar on

Flatbread

Sweet Potatoes, Grapes

Thicken Nuggets

with Teriyaki

or Soy Nuggets with

Sweet & Sour

Roast Turkey & Cheddar on

Flatbread

Brown Rice, Mixed

Vegetables, Grapes

# W

Lasagna with Marinara

10

17

Chicken Salad with Flatbread Green Beans, Dinner Roll, Fruit Cup

## Beef Hamburger or Cheeseburger or Black Bean Burger

Turkey Bologna & Cheddar on Bun

Seasoned Potatoes. Fruit Cup

## M

Chicken Tamale Cheese Tamale or Bagel Yogurt Pack

> Pinto Beans, Sliced Apples

#### Tu

16

Bison Chili or Vegetarian Chili

> Chicken Salad with Flatbread Carrots, Mini Corn Loaf, Fruit Cup

### Th

18

Swedish Meatballs with Gravy and Penne

Sandwich

Turkey Bologna & Cheddar on Bun

### M

22

15

8

Bagel Yogurt Pack

> Pinto Beans, **Apple Slices**

Lasagna with Marinara

Chicken Salad with Flatbread Green Beans. Dinner Roll, Fruit Cup

#### Beef Hamburger or Cheeseburger or Black Bean Burger

Turkey Bologna & Cheddar on Bun

> Seasoned Potatoes, Fruit Cup

#### М

29

Chicken Tamale

Cheese Tamale or Bagel Yogurt Pack

> Pinto Beans, Sliced Apples

#### Tu

Chicken Fillet Sandwich or 

Roast Turkey & Cheddar on Flatbread

Sweet Potatoes, Grapes

#### W

31 Bison Chili

or Vegetarian Chili

Chicken Salad with Flatbread Carrots, Mini Corn Loaf, Fruit Cup

# Th August

Swedish Meatballs with Gravy and Penne

Chickpea & Strawberry Sandwich

Turkey Bologna & Cheddar on Bun

use 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.kl2.mn.us.