



# September Lunch

## ON-SITE 2024



This institution is an equal opportunity provider.  
[mpschools.org/menus](https://mpschools.org/menus)

**M 2**  
**LABOR DAY**  
**NO SCHOOL**

**T 3**  
🐟 Honey Chipotle Fish Sandwich,  
🌿 Black Bean Burger  
🌿 Bagel Yogurt Pack  
**Served with**  
🍷 Cole Slaw

**W 4**  
Chicken & Waffles,  
🌿 Baked Soy Nuggets & Waffles  
Roasted Turkey & Cheddar on Flatbread  
**Served with**  
🍷 Red Roasted Potatoes

**T 5**  
#MNTHURS  
🍷 Turkey Hot Dog  
🌿 Plant-based Sloppy Joe  
Smoked Turkey & Swiss on Pullman  
**Served with**  
🍷 Corn on the Cob  
🍷 Watermelon

**F 6**  
Beef Pepperoni Pizza,  
🌿 Cheese Pizza  
🌿 Cheddar Chickpea Flatbread Pack

**M 9**  
Chicken Alfredo Pasta,  
🌿 Soy Nuggets & Alfredo Pasta  
Turkey Bologna & Cheddar on Bun  
**Served with**  
Roasted Broccoli

**T 10**  
Chicken Lo Mein  
🌿 Tofu Lo Mein  
🌿 Bagel Yogurt Pack

**W 11**  
BBQ Meatballs,  
🌿 Creamy Mac & Cheese  
Roasted Turkey & Cheddar on Flatbread  
**Served with**  
Green Beans

**T 12**  
Chicken & Cheese Quesadilla,  
🌿 Black Bean & Cheese Quesadilla  
Smoked Turkey & Swiss on Pullman  
**Served with**  
Seasoned Corn

**F 13**  
🌿 Grilled Cheese Sandwich  
🌿 Cheddar Chickpea Flatbread Pack  
**Served with**  
🌿 Tomato Soup

**M 16**  
🌿 Cheese Omelet, Pancakes  
Turkey Bologna & Cheddar on Bun  
**Served with**  
Seasoned Breakfast Potato

**T 17**  
Beef Hamburger, Beef Cheeseburger,  
🌿 Black Bean Burger  
🌿 Bagel Yogurt Pack  
**Served with**  
Corn

**W 18**  
Chicken Nuggets with BBQ Sauce,  
🌿 Soy Nuggets with BBQ Sauce,  
Roasted Turkey & Cheddar on Flatbread  
**Served with**  
Baked Beans, Dinner Roll

**T 19**  
Turkey Nachos  
🌿 Seasoned Bean Nachos  
Smoked Turkey & Swiss on Pullman  
**Served with**  
🍷 Cilantro Lime Slaw

**F 20**  
Beef Pepperoni Pizza,  
🌿 Cheese Pizza  
🌿 Cheddar Chickpea Flatbread Pack

**M 23**  
Beef Taco,  
🌿 Sofritas Taco  
🍷 Cilantro Lime Slaw  
Turkey Bologna & Cheddar on Bun  
**Served with**  
Seasoned Black Beans

**T 24**  
Sweet & Sour Chicken,  
🌿 Sweet & Sour Tofu  
🌿 Bagel Yogurt Pack  
**Served with**  
Roasted Broccoli

**W 25**  
Spaghetti & Mega Meatball,  
🌿 Zesty Meatless Crumble with Marinara  
Roasted Turkey & Cheddar on Flatbread  
**Served with**  
Garlic Toast,  
🍷 Green Beans

**T 26**  
Oven Fried Chicken,  
🌿 Baked Soy Nuggets  
Smoked Turkey & Swiss on Pullman  
**Served with**  
🍷 Braised Greens, Wholegrain Cornbread

**F 27**  
Beef Hot Dog, Beef Chili  
🌿 Cheddar Chickpea Flatbread Pack  
**Served with**  
Tater Tots

**M 30**  
🌿 Bean & Cheese Pupusa  
**Served with**  
Calabacitas, Curtido

### 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

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