



September Lunch



SECONDARY MODIFIED 2024

This institution is an equal opportunity provider.
mppschoools.org/menus

M 2
LABOR DAY
NO SCHOOL

T 3
Penne Pasta Bowl with Italian Beef,
🚲 Turkey
Italian Sausage,
Italian Vegetable Crumble,
Roasted Italian Vegetables
🌿 Bagel Yogurt Pack

W 4
Buffalo Chicken Flatbread,
🌿 Spicy Black Bean Burger,
Potato JoJos
Roasted Turkey & Cheddar on Flatbread
🚲 Cole Slaw

T 5
#MNTHURS
🚲 Turkey Hot Dog
🌿 Plant-Based Sloppy Joe,
🚲 Corn on the Cob,
🚲 Watermelon,
Smoked Turkey & Swiss on Pullman

F 6
Beef Pepperoni Pizza,
Buffalo Chicken Pizza,
🌿 Four Cheese Pizza
🌿 Cheddar Chickpea Flatbread Pack

M 9
Chicken Alfredo,
🌿 Soy Nuggets with Alfredo,
Penne Pasta,
🚲 Green Beans,
Turkey Bologna & Cheddar on Bun

T 10
Ramen with Chicken,
🌿 Ramen with Tofu,
🌿 Bagel Yogurt Pack

W 11
Red Beans & Sausage,
🌿 Stewed Red Beans, Rice,
Corn Bread
🚲 Braised Greens,
Roasted Turkey & Cheddar on Flatbread

T 12
Chicken & Cheese Quesadilla,
🌿 Black Bean & Cheese Quesadilla,
🚲 Calabacitas
Smoked Turkey & Swiss on Pullman

F 13
🌿 Pepperjack Grilled Cheese,
🌿 Tomato Soup
🌿 Cheddar Chickpea Flatbread Pack

M 16
Beef Hamburger/ Cheeseburger,
Chicken Patty Sandwich
🌿 Black Bean Burger,
French Fries
Turkey Bologna & Cheddar on Bun

T 17
TexMex Bowl with Beef Taco Meat,
Pulled Southwest Turkey,
🌿 Fiesta Meatless Crumbles,
Cilantro Lime Rice OR Chips,
Seasoned Black Beans
🌿 Bagel Yogurt Pack

W 18
Chicken Wing Bar,
🌿 Baked Soy Nuggets,
Potato Wedges, "Dinner Roll
Roasted Turkey & Cheddar on Flatbread

T 19
🚲 Turkey Nachos OR
🌿 Seasoned Bean Nachos,
Cilantro Lime Slaw
Smoked Turkey & Swiss on Pullman

F 20
Beef Pepperoni Pizza,
🌿 Plant-Based Sausage Pizza,
🌿 Four Cheese Pizza
🌿 Cheddar Chickpea Flatbread Pack

M 23
Beef Tacos,
🌿 Sofritas Tacos,
Seasoned Black Beans
Turkey Bologna & Cheddar on Bun

T 24
Brown Rice or Noodle Bowl,
Tempura Chicken,
Beef Bulgogi,
🌿 Tofu Bites,
Sweet & Sour Sauce,
Roasted Fresh Broccoli
🌿 Bagel Yogurt Pack

W 25
Spaghetti with Mega Meatball,
🌿 Zesty Italian Crumbles with Marinara,
🚲 Green Beans,
Garlic Toast
Roasted Turkey & Cheddar on Flatbread

T 26
Oven Fried Chicken OR
🌿 Baked Soy Nuggets,
Braised Greens
Corn Bread
Smoked Turkey & Swiss on Pullman

F 27
Beef Hot Dog,
🌿 Plant-Based Sloppy Joe,
Beef Chili,
Tater Tots
🌿 Cheddar Chickpea Flatbread Pack

M 30
🌿 Bean & Cheese Pupusas,
Calabacitas,
Curtido
Turkey Bologna & Cheddar on Bun



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.