



September Lunch

PREPACK 2024



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

M 2
LABOR DAY
NO SCHOOL

T 3
🐟 Honey Chipotle Fish Sandwich,
🌿 Black Bean Burger
Roasted Turkey & Cheddar on Flatbread
Served with Mixed Vegetables

W 4
Chicken & Waffles,
🌿 Baked Soy Nuggets & Waffles
Smoked Turkey & Swiss on Pullman
Served with Diced Seasoned Potatoes

T 5
#MNTHURS
🐔 Turkey Hot Dog
🌿 Plant-based Sloppy Joe
🌿 Cheddar Chickpea Flatbread Pack
Served with 🌿 Corn on the Cob, 🌿 Watermelon

F 6
Beef Pepperoni Pizza,
🌿 Cheese Pizza
Turkey Bologna & Cheddar on Bun

M 9
Chicken Alfredo Pasta,
🌿 Alfredo Pasta
🌿 Herb Soy Nuggets
🌿 Bagel Yogurt Pack
Served with Seasoned Green Beans

T 10
Chicken Fried Rice,
🌿 Tofu Fried Rice
Roasted Turkey & Cheddar on Flatbread
Served with Country Blend Vegetables

W 11
BBQ Meatballs,
🌿 BBQ Soy Nuggets
Macaroni & Cheese,
Smoked Turkey & Swiss on Pullman
Served with Green Beans, Dinner Roll

T 12
🌿 Smothered Bean & Cheese Burrito
🌿 Cheddar Chickpea Flatbread Pack
Served with Seasoned Corn

F 13
🌿 Grilled Cheese Sandwich
Turkey Bologna & Cheddar on Bun
Served with 🌿 Tomato Soup

M 16
🌿 Cheese Omelet, Pancakes
🌿 Bagel Yogurt Pack
Served with Diced Seasoned Potatoes

T 17
Beef Hamburger, Beef Cheeseburger,
🌿 Black Bean Burger
Roasted Turkey & Cheddar on Flatbread
Served with Seasoned Corn

W 18
Chicken Nuggets with BBQ Sauce,
🌿 BBQ Soy Nuggets
Smoked Turkey & Swiss on Pullman
Served with Baked Beans, Dinner Roll

T 19
Turkey Nacho Grande
🌿 Fiesta Crumble Nacho
🌿 Cheddar Chickpea Flatbread Pack
Served with Seasoned Pinto Beans, Tortilla Chips

F 20
Beef Pepperoni Pizza,
🌿 Cheese Pizza
Turkey Bologna & Cheddar on Bun

M 23
Beef Taco,
🌿 Fiesta Crumble Taco
🌿 Bagel Yogurt Pack
Served with Seasoned Black Beans

T 24
Sweet & Sour Chicken
🌿 Sweet & Sour Tofu
Roasted Turkey & Cheddar on Flatbread
Served with Brown Rice, Seasoned Peas & Carrots

W 25
Meatballs with Marinara & Penne,
🌿 Italian Vegetable Crumble Pasta Bake
Smoked Turkey & Swiss on Pullman
Served with Green Beans, Dinner Roll

T 26
Baked Herb Chicken,
🌿 Herbed Baked Soy Nuggets,
🌿 Cheddar Chickpea Flatbread Pack
Served with Country Blend Vegetables, Dinner Roll

F 27
Beef Hot Dog,
🌿 Black Bean Burger
Turkey Bologna & Cheddar on Bun
Served with Potato Wedges

M 30
🌿 Bean & Cheese Pupusa Calabacitas
Served with 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 nqajj npuas no.

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