

October



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MPS True Food



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COMMUNITY SITES 2024

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



PROVIDED BY MPS CWS

Fruit and vegetable included with Super Power Box

<p>T 1</p> <p>SNACK Cheddar Goldfish Crackers, Fruit Punch</p> <p>SUPER POWER BOX Tortilla Chips & Salsa</p> <p>DINNER Chicken Bites, Carrots & Ranch or BBQ Dressing, Apple Slices, Sunchips</p>	<p>W 2</p> <p>SNACK Bunny Grahams, Apple Juice</p> <p>SUPER POWER BOX Hummus & Flatbread</p> <p>DINNER Bologna & Cheddar Sandwich, Yogurt Cup, Grape Tomatoes, Fruit Cup</p>	<p>T 3</p> <p>SNACK Tortilla Chips, Fruit Punch</p> <p>SUPER POWER BOX Bagel & Yogurt</p> <p>DINNER Chicken & Cheese Walking Taco, Tortilla Chips, Broccoli, Apple Slices</p>	<p>F 4</p> <p>SNACK Cheddar Crisp Crackers, Apple Juice</p> <p>SUPER POWER BOX Chickpea & Jelly Sandwich</p> <p>DINNER Flatbread with Hummus, Cheese Stick, Carrots with Ranch, Grapes</p>	
<p>M 7</p> <p>SNACK Sunchips, Fruit Punch</p> <p>SUPER POWER BOX Veggie Crackers & Cheese</p> <p>DINNER Bagel with Chocolate Spread, Yogurt Cup, Celery & Ranch Dressing, Fruit Cup</p>	<p>T 8</p> <p>SNACK Pretzel Goldfish Crackers, Apple Juice</p> <p>SUPER POWER BOX Granola Bites & Yogurt</p> <p>DINNER Flatbread with Chicken Salad, Carrots with Ranch Dressing, Grapes</p>	<p>W 9</p> <p>SNACK Animal Crackers, Fruit Punch</p> <p>SUPER POWER BOX Turkey Stick & Sunchips</p> <p>DINNER Chickpea & Jelly Sandwich, Grape Tomatoes with Ranch Dressing, Fruit Cup</p>	<p>T 10</p> <p>SNACK Cheez-It Crackers, Apple Juice</p> <p>SUPER POWER BOX Bagel with Apple Spread</p> <p>DINNER Beef Pepperoni and Cheese Pizza Flatbread, Broccoli, Apple Slices</p>	<p>F 11</p> <p>SNACK Pita Chips, Fruit Punch</p> <p>SUPER POWER BOX Animal Crackers & Yogurt</p> <p>DINNER Turkey & Cheddar Flatbread, Carrots, Apple Slices</p>
<p>M 14</p> <p>SNACK Sunchips, Apple Juice</p> <p>SUPER POWER BOX Cheese & Flatbread</p> <p>DINNER Bagel with Apple Spread, Yogurt Cup, Celery & Ranch Dressing, Fruit Cup</p>	<p>T 15</p> <p>SNACK Cheddar Goldfish Crackers, Fruit Punch</p> <p>SUPER POWER BOX Tortilla Chips & Salsa</p> <p>DINNER Chicken Bites, Carrots & Ranch or BBQ Dressing, Apple Slices, Sunchips</p>	<p>W 16</p> <p>SNACK Bunny Grahams, Apple Juice</p> <p>SUPER POWER BOX Hummus & Flatbread</p> <p>DINNER Bologna & Cheddar Sandwich, Yogurt Cup, Grape Tomatoes, Fruit Cup</p>	<p>T 17</p> <p>SNACK Tortilla Chips, Fruit Punch</p> <p>SUPER POWER BOX Bagel & Yogurt</p> <p>DINNER Chicken & Cheese Walking Taco, Tortilla Chips, Broccoli, Apple Slices</p>	<p>F 18</p> <p>SNACK Cheddar Crisp Crackers, Apple Juice</p> <p>SUPER POWER BOX Chickpea & Jelly Sandwich</p> <p>DINNER Flatbread with Hummus, Cheese Stick, Carrots with Ranch, Grapes</p>
<p>M 21</p> <p>SNACK Sunchips, Fruit Punch</p> <p>SUPER POWER BOX Veggie Crackers & Cheese</p> <p>DINNER Bagel with Chocolate Spread, Yogurt Cup, Celery & Ranch Dressing, Fruit Cup</p>	<p>T 22</p> <p>SNACK Pretzel Goldfish Crackers, Apple Juice</p> <p>SUPER POWER BOX Granola Bites & Yogurt</p> <p>DINNER Flatbread with Chicken Salad, Carrots with Ranch Dressing, Grapes</p>	<p>W 23</p> <p>SNACK Animal Crackers, Fruit Punch</p> <p>SUPER POWER BOX Turkey Stick & Sunchips</p> <p>DINNER Chickpea & Jelly Sandwich, Grape Tomatoes with Ranch Dressing, Fruit Cup</p>	<p>T 24</p> <p>SNACK Cheez-It Crackers, Apple Juice</p> <p>SUPER POWER BOX Bagel with Apple Spread</p> <p>DINNER Beef Pepperoni and Cheese Pizza Flatbread, Pizza Flatbread, Broccoli, Apple Slices</p>	<p>F 25</p> <p>SNACK Pita Chips, Fruit Punch</p> <p>SUPER POWER BOX Animal Crackers & Yogurt</p> <p>DINNER Turkey & Cheddar Flatbread, Carrots, Apple Slices</p>
<p>M 28</p> <p>SNACK Sunchips, Apple Juice</p> <p>SUPER POWER BOX Cheese & Flatbread</p> <p>DINNER Bagel with Apple Spread, Yogurt Cup, Celery & Ranch Dressing, Fruit Cup</p>	<p>T 29</p> <p>SNACK Cheddar Goldfish Crackers, Fruit Punch</p> <p>SUPER POWER BOX Tortilla Chips & Salsa</p> <p>DINNER Chicken Bites, Carrots & Ranch or BBQ Dressing, Apple Slices, Sunchips</p>	<p>W 30</p> <p>SNACK Bunny Grahams, Apple Juice</p> <p>SUPER POWER BOX Hummus & Flatbread</p> <p>DINNER Bologna & Cheddar Sandwich, Yogurt Cup, Grape Tomatoes, Fruit Cup</p>	<p>T 31</p> <p>SNACK Tortilla Chips, Fruit Punch</p> <p>SUPER POWER BOX Bagel & Yogurt</p> <p>DINNER Chicken & Cheese Walking Taco, Tortilla Chips, Broccoli, Apple Slices</p>	<p>WE DO NOT SERVE PORK HERE.</p> <p>No servimos cerdo aqui. Waxaan halkan kuma adeegi doofaarka. Peb tsis pab nqaij npuas no.</p>

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