

October Breakfast

TRUE FOOD
MPS CULINARY & WELLNESS PROGRAM

ON-SITE 2024

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

SELECTION OF FRUIT & MILK OFFERED DAILY

T 1
Choose up to 2
Blueberry Belgian Waffle
Cereal
Cheese Stick

W 2
Sausage or Egg & Cheese Sunrise Pancake Stacker
OR
Cereal
🚲 Yogurt Cup

T 3
NO SCHOOL

F 4
Choose up to 2
Mini Maple Pancakes
Cereal
Cheese Stick

M 7
Sausage or Egg & Cheese Flatbread Sandwich
OR
Cereal
🚲 Yogurt Cup

T 8
Choose up to 2
Maple Butter Belgian Waffle
Cereal
Cheese Stick

W 9
Sausage or Egg & Cheese Biscuit
OR
Granola
🚲 Yogurt Cup

T 10
Choose up to 2
Bagel with Cream Cheese or Apple Cinnamon Spread
Cereal
Hard Boiled Egg

F 11
Choose up to 2
Aebleskiver
Cereal
Cheese Stick

M 14
Egg & Cheese Breakfast Burrito
OR
Cereal
🚲 Yogurt Cup

T 15
Choose up to 2
Blueberry Belgian Waffle
Cereal
Cheese Stick

W 16
NO SCHOOL

T 17
NO SCHOOL

F 18
NO SCHOOL

M 21
Sausage or Egg & Cheese Flatbread Sandwich
OR
Cereal
🚲 Yogurt Cup

T 22
Choose up to 2
Maple Butter Belgian Waffle
Cereal
Cheese Stick

W 23
Sausage or Egg & Cheese Biscuit
OR
Granola
🚲 Yogurt Cup

T 24
Choose up to 2
Bagel with Cream Cheese or Apple Cinnamon Spread
Cereal
Hard Boiled Egg

F 25
Choose up to 2
Aebleskiver
Cereal
Cheese Stick

M 28
Egg & Cheese Breakfast Burrito
OR
Cereal
🚲 Yogurt Cup

T 29
Choose up to 2
Blueberry Belgian Waffle
Cereal
Cheese Stick

W 30
Sausage or Egg & Cheese Sunrise Pancake Stacker
OR
Cereal
🚲 Yogurt Cup

T 31
Choose up to 2
French Toast Sticks
Cereal
Hard Boiled Egg

Know Your Food
🚲 Farm to School

 
follow us at
MPS True Food

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.