



# October Lunch

## PREPACK 2024



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**WE DO NOT SERVE PORK HERE.**

No servimos cerdo aqui.  
Waxaan halkan kuma adeegi doofaarka.  
Peb tsis pab nqaij npuas no.

<b>T 1</b> <ul style="list-style-type: none"> <li> Honey Chipotle Fish Sandwich</li> <li> Black Bean Burger</li> </ul> Roasted Turkey & Cheddar on Flatbread <b>Served with</b> Mixed Vegetables	<b>W 2</b> Chicken & Waffles, <ul style="list-style-type: none"> <li> Baked Soy Nuggets &amp; Waffles</li> </ul> Smoked Turkey & Swiss on Pullman <b>Served with</b> Diced Seasoned Potatoes	<b>T 3</b> <b>NO SCHOOL</b>	<b>F 4</b> Beef Pepperoni Pizza <ul style="list-style-type: none"> <li> Cheese Pizza</li> </ul> Turkey Bologna & Cheddar on Bun
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<b>M 7</b> Chicken Alfredo Pasta <ul style="list-style-type: none"> <li> Alfredo Pasta</li> <li> Herb Soy Nuggets</li> <li> Bagel Yogurt Pack</li> </ul> <b>Served with</b> Seasoned Green Beans	<b>T 8</b> Chicken Fried Rice, <ul style="list-style-type: none"> <li> Tofu Fried Rice</li> </ul> Roasted Turkey & Cheddar on Flatbread <b>Served with</b> Country Blend Vegetables	<b>W 9</b> BBQ Meatballs <ul style="list-style-type: none"> <li> BBQ Soy Nuggets</li> </ul> Smoked Turkey & Swiss on Pullman <b>Served with</b> Macaroni & Cheese Green Beans Dinner Roll	<b>T #MNTHURS 10</b> <ul style="list-style-type: none"> <li> Fall Harvest Turkey Chili</li> <li> Butternut Squash Chili</li> <li> Cheddar Chickpea Flatbread Pack</li> </ul> <b>Served with</b> <ul style="list-style-type: none"> <li> Delicata Squash</li> <li> Cornbread</li> <li> Apple Crisp</li> </ul>	<b>F 11</b> <ul style="list-style-type: none"> <li> Grilled Cheese Sandwich</li> </ul> Turkey Bologna & Cheddar on Bun <b>Served with</b> <ul style="list-style-type: none"> <li> Tomato Soup</li> </ul>
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<b>M 14</b> <ul style="list-style-type: none"> <li> Cheese Omelet Pancakes</li> <li> Bagel Yogurt Pack</li> </ul> <b>Served with</b> Diced Seasoned Potatoes	<b>T 15</b> Beef Hamburger Beef Cheeseburger <ul style="list-style-type: none"> <li> Black Bean Burger</li> </ul> Roasted Turkey & Cheddar on Flatbread <b>Served with</b> Seasoned Corn	<b>W 16</b> <b>NO SCHOOL</b>	<b>T 17</b> <b>NO SCHOOL</b>	<b>F 18</b> <b>NO SCHOOL</b>
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### NATIONAL SCHOOL LUNCH WEEK #NSLW24

<b>M 21</b> Beef Taco <ul style="list-style-type: none"> <li> Fiesta Crumble Taco</li> <li> Bagel Yogurt Pack</li> </ul> <b>Served with</b> Seasoned Black Beans	<b>T 22</b> Sweet & Sour Chicken <ul style="list-style-type: none"> <li> Sweet &amp; Sour Tofu</li> </ul> Roasted Turkey & Cheddar on Flatbread <b>Served with</b> Brown Rice, Seasoned Peas & Carrots	<b>W 23</b> Meatballs with Marinara & Penne <ul style="list-style-type: none"> <li> Zesty Italian Crumble Pasta Bake</li> </ul> Smoked Turkey & Swiss on Pullman <b>Served with</b> Green Beans Dinner Roll	<b>T 24</b> Baked Herb Chicken <ul style="list-style-type: none"> <li> Herbed Baked Soy Nuggets</li> <li> Cheddar Chickpea Flatbread Pack</li> </ul> <b>Served with</b> Country Blend Vegetables Cornbread	<b>F 25</b> Beef Hot Dog <ul style="list-style-type: none"> <li> Black Bean Burger</li> </ul> Turkey Bologna & Cheddar on Bun <b>Served with</b> Potato Wedges
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<b>M 28</b> Chicken Tamale <ul style="list-style-type: none"> <li> Cheese Tamale</li> <li> Bagel Yogurt Pack</li> </ul> <b>Served with</b> Seasoned Pinto Beans	<b>T 29</b> <ul style="list-style-type: none"> <li> Honey Chipotle Fish Sandwich</li> <li> Black Bean Burger</li> </ul> Roasted Turkey & Cheddar on Flatbread <b>Served with</b> Mixed Vegetables	<b>W 30</b> Chicken & Waffles <ul style="list-style-type: none"> <li> Baked Soy Nuggets &amp; Waffles</li> </ul> Smoked Turkey & Swiss on Pullman <b>Served with</b> Diced Seasoned Potatoes	<b>T 31</b> Coriander Chicken Thigh <ul style="list-style-type: none"> <li> Stewed Beans</li> <li> Cheddar Chickpea Flatbread Pack</li> </ul> <b>Served with</b> Jollof Rice Butternut Squash Bake	<p><b>TRUE FOOD</b> MPS CULINARY &amp; WELLNESS SERVICES</p> <p><i>Know Your Food</i></p> <ul style="list-style-type: none"> <li> Local Business</li> <li> Meatless Option</li> <li> Farm to School</li> <li> Contains Fish</li> </ul>
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