



# October Lunch

## ON-SITE 2024



**WE DO NOT SERVE PORK HERE.**

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

<b>T 1</b> Honey Chipotle Fish Sandwich Bagel Yogurt Pack Served with Cole Slaw	<b>W 2</b> Chicken & Waffles Baked Soy Nuggets & Waffles Roasted Turkey & Cheddar on Flatbread Served with Red Roasted Potatoes	<b>T 3</b> <b>NO SCHOOL</b>	<b>F 4</b> Beef Pepperoni Pizza Cheese Pizza Cheddar Chickpea Flatbread Pack
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<b>M 7</b> Chicken Alfredo Pasta Soy Nuggets & Alfredo Pasta Turkey Bologna & Cheddar on Bun Served with Roasted Beets	<b>T 8</b> Chicken Lo Mein Tofu Lo Mein Bagel Yogurt Pack	<b>W 9</b> BBQ Meatballs Crispy Tofu with BBQ Sauce Roasted Turkey & Cheddar on Flatbread Served with Green Beans Creamy Mac & Cheese	<b>T 10</b> #MNTHURS Fall Harvest Turkey Chili Butternut Squash Chili Smoked Turkey & Swiss on Pullman Served with Delicata Squash Cornbread Apple Crisp	<b>F 11</b> Grilled Cheese Sandwich Cheddar Chickpea Flatbread Pack Served with Tomato Soup
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<b>M 14</b> Cheese Omelet Pancakes Turkey Bologna & Cheddar on Bun Served with Potato Wedges	<b>T 15</b> Beef Hamburger Beef Cheeseburger Black Bean Burger Bagel Yogurt Pack Served with Seasoned Corn	<b>W 16</b> <b>NO SCHOOL</b>	<b>T 17</b> GREAT APPLE CRUNCH <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 Sofritas Taco Cilantro Lime Slaw Turkey Bologna & Cheddar on Bun Served with Seasoned Black Beans	<b>T 22</b> Sweet & Sour Chicken Sweet & Sour Tofu with Brown Rice Bagel Yogurt Pack Served with Roasted Broccoli	<b>W 23</b> Spaghetti & Mega Meatball Zesty Italian Crumble Pasta Sauce Roasted Turkey & Cheddar on Flatbread Served with Garlic Toast Green Beans Dinner Roll	<b>T 24</b> Oven Fried Chicken Baked Soy Nuggets Smoked Turkey & Swiss on Pullman Served with Braised Greens Cornbread	<b>F 25</b> Beef Hot Dog Beef Chili Cheddar Chickpea Flatbread Pack Served with Tater Tots
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<b>M 28</b> Chicken Tamale Cheese Tamale Turkey Bologna & Cheddar on Bun Served with Seasoned Pinto Beans	<b>T 29</b> Honey Chipotle Fish Sandwich Bagel Yogurt Pack Served with Cole Slaw	<b>W 30</b> Chicken & Waffles Baked Soy Nuggets & Waffles Roasted Turkey & Cheddar on Flatbread Served with Princely Potatoes	<b>T 31</b> Coriander Chicken Thigh Stewed Beans Smoked Turkey & Swiss on Pullman Served with Jollof Rice Roasted Delicata Squash
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**TRUE FOOD**  
MPS CULINARY & WELLNESS SERVICES

Know Your Food

- Local Business
- Meatless Option
- Farm to School
- Contains Fish