



October Lunch



SECONDARY MODIFIED 2024

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



Know Your Food

- Contains Pork
- Meatless Option
- Farm to School
- Contains Fish

T 1 Penne Pasta Bowl with Italian Beef Turkey Italian Sausage Zesty Italian Vegetable Crumble Roasted Italian Vegetables Bagel Yogurt Pack	W 2 Buffalo Chicken Flatbread Spicy Black Bean Burger Potato JoJos Cole Slaw Roasted Turkey & Cheddar on Flatbread	T 3 NO SCHOOL	F 4 Beef Pepperoni Pizza Buffalo Chicken Pizza Four Cheese Pizza Cheddar Chickpea Flatbread Pack	
M 7 Chicken Alfredo Soy Nuggets with Alfredo Penne Pasta Roasted Beets Turkey Bologna & Cheddar on Bun	T 8 Ramen with Chicken Ramen with Tofu Bagel Yogurt Pack	W 9 Red Beans & Sausage Stewed Red Beans Rice Dinner Roll Braised Greens Roasted Turkey & Cheddar on Flatbread	T 10 #MNTHURS Fall Harvest Turkey Chili Butternut Squash Chili Delicata Squash Cornbread Apple Crisp Smoked Turkey & Swiss on Pullman GREAT APPLE CRUNCH	F 11 Pepperjack Grilled Cheese Tomato Soup Cheddar Chickpea Flatbread Pack
M 14 Beef Hamburger/ Cheeseburger Chicken Patty Sandwich Black Bean Burger French Fries Turkey Bologna & Cheddar on Bun	T 15 TexMex Bowl with Beef Taco Meat Pulled Southwest Turkey Fiesta Meatless Crumbles Cilantro Lime Rice OR Chips Seasoned Black Beans Bagel Yogurt Pack	W 16 NO SCHOOL	T 17 NO SCHOOL	F 18 NO SCHOOL
NATIONAL SCHOOL LUNCH WEEK #NSLW24				
M 21 Beef Tacos Sofritas Tacos Seasoned Black Beans Turkey Bologna & Cheddar on Bun	T 22 Brown Rice or Noodle Bowl Sweet & Sour Chicken Sweet & Sour Tofu Beef Bulgogi Roasted Fresh Broccoli Bagel Yogurt Pack	W 23 Spaghetti with Mega Meatball Zesty Italian Crumbles with Marinara Green Beans Garlic Toast Roasted Turkey & Cheddar on Flatbread	T 24 Oven Fried Chicken OR Baked Soy Nuggets Braised Greens Corn Bread Smoked Turkey & Swiss on Pullman	F 25 Beef Hot Dog Black Bean Burger Beef Chili, Tater Tots Cheddar Chickpea Flatbread Pack
M 28 Chicken Tamale Cheese Tamale Seasoned Pinto Beans Turkey Bologna & Cheddar on Bun	T 29 Penne Pasta Bowl with Italian Beef Turkey Italian Sausage Zesty Italian Vegetable Crumble Roasted Italian Vegetables Bagel Yogurt Pack	W 30 Buffalo Chicken Flatbread Spicy Black Bean Burger Princely Potatoes Cole Slaw Roasted Turkey & Cheddar on Flatbread	T 31 Coriander Chicken Thigh Stewed Beans Jollof Rice Roasted Carrots Smoked Turkey & Swiss on Pullman	