



# October

## VENDED MEALS 2024



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



### WE DO NOT SERVE PORK HERE.

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

**T 1**

**BREAKFAST**  
Blueberry Belgian Waffle,  
Cheese Stick, Cereal

**LUNCH**  
🐟 Honey Chipotle Fish  
🌿 Black Bean Burger

Roasted Turkey &  
Cheddar on Flatbread

*Served with*  
Mixed Vegetables

**W 2**

**BREAKFAST**  
Banana Mini Loaf,  
🐟 Yogurt Cup, Cereal

**LUNCH**  
Chicken & Waffles  
🌿 Baked Soy Nuggets  
& Waffles

Smoked Turkey &  
Cheddar on Pullman

*Served with*  
Diced Seasoned Potatoes

**T 3**

**NO SCHOOL**

**F 4**

**BREAKFAST**  
Mini Maple Pancake,  
Cheese Stick, Cereal

**LUNCH**  
🌿 Cheese Pizza

Bologna & Cheddar on  
Bun

**M 7**

**BREAKFAST**  
Blueberry Pomegranate  
Bar, 🐟 Yogurt Cup,  
Cereal

**LUNCH**  
Chicken Alfredo & Penne  
🌿 Alfredo Pasta

🌿 Bagel Yogurt Pack

**T 8**

**BREAKFAST**  
Maple Butter  
Belgian Waffle,  
Cheese Stick, Cereal

**LUNCH**  
Chicken Fried Rice  
🌿 Tofu Fried Rice

Roasted Turkey &  
Cheddar on Flatbread

**W 9**

**BREAKFAST**  
🐟 Yogurt Cup, French  
Toast Mini Loaf, Cereal

**LUNCH**  
BBQ Meatballs  
🌿 Soy Nuggets

Smoked Turkey &  
Cheddar on Pullman

*Served with*  
Mac & Cheese,  
Dinner Roll, Green Beans

**T 10**

**BREAKFAST**  
Bagel with Cream  
Cheese, Hard Boiled Egg,  
Cereal

**#MNTHURS LUNCH**  
🐟 Fall Harvest  
Turkey Chili  
🌿 Butternut Squash Chili  
🌿 Cheddar Chickpea Pack

*Served with*  
🐟 Delicata Squash  
🐟 Cornbread

**F 11**

**BREAKFAST**  
Aebleskiver, Cheese Stick,  
Cereal

**LUNCH**  
🌿 Grilled Cheese  
Sandwich  
🌿 Tomato Soup

Bologna & Cheddar on  
Bun

**M 14**

**BREAKFAST**  
Chocolate Cherry Bar  
🐟 Yogurt Cup, Cereal

**LUNCH**  
🌿 Cheese Omelet  
Pancakes

🌿 Bagel Yogurt Pack

*Served with*  
Breakfast Potatoes

**T 15**

**BREAKFAST**  
Blueberry Belgian Waffle,  
Cheese Stick, Cereal

**LUNCH**  
Beef Cheeseburger  
🌿 Black Bean Burger

Roasted Turkey &  
Cheddar on Flatbread

*Served with*  
Seasoned Corn

**W 16**

**NO SCHOOL**

**T 17**

**NO SCHOOL**

**F 18**

**NO SCHOOL**

**M 21**

**BREAKFAST**  
Blueberry Pomegranate  
Bar, 🐟 Yogurt Cup,  
Cereal

**LUNCH**  
Beef Tacos  
🌿 Vegetable Crumble

🌿 Bagel Yogurt Pack

*Served with*  
Black Beans

**T 22**

**BREAKFAST**  
Maple Butter  
Belgian Waffle,  
Cheese Stick, Cereal

**LUNCH**  
Sweet & Sour Chicken  
🌿 Sweet & Sour Tofu

Roasted Turkey &  
Cheddar on Flatbread

*Served with*  
Brown Rice, Broccoli

**W 23**

**BREAKFAST**  
🐟 Yogurt Cup, French  
Toast Mini Loaf, Cereal

**LUNCH**  
Meatballs with Marinara &  
Penne, 🌿 Italian Vegetable  
Crumble Pasta Bake

Smoked Turkey &  
Cheddar on Pullman

*Served with*  
Green Beans, Dinner Roll

**T 24**

**BREAKFAST**  
Bagel with Cream  
Cheese, Hard Boiled Egg,  
Cereal

**LUNCH**  
Baked Herb Chicken  
🌿 Baked Herbed Soy  
Nuggets

🌿 Cheddar Chickpea Pack

*Served with*  
Country Vegetables

**F 25**

**BREAKFAST**  
Aebleskiver, Cheese Stick,  
Cereal

**LUNCH**  
Beef Hot Dog  
🌿 Black Bean Burger

Bologna & Cheddar on  
Bun

*Served with*  
Potato Wedges

**M 28**

**BREAKFAST**  
Chocolate Cherry Bar  
🐟 Yogurt Cup, Cereal

**LUNCH**  
Chicken Tamale  
🌿 Cheese Tamale

🌿 Bagel Yogurt Pack

*Served with*  
Pinto Beans

**T 29**

**BREAKFAST**  
Blueberry Belgian Waffle,  
Cheese Stick, Cereal

**LUNCH**  
🐟 Honey Chipotle Fish  
🌿 Black Bean Burger

Roasted Turkey &  
Cheddar on Flatbread

*Served with*  
Mixed Vegetables

**W 30**

**BREAKFAST**  
Banana Mini Loaf,  
🐟 Yogurt Cup, Cereal

**LUNCH**  
Chicken & Waffles  
🌿 Baked Soy Nuggets  
& Waffles

Smoked Turkey &  
Cheddar on Pullman

*Served with*  
Diced Seasoned Potatoes

**T 31**

**BREAKFAST**  
French Toast Sticks,  
Hard Boiled Egg,  
Cereal

**LUNCH**  
Coriander Chicken Thigh  
🌿 Stewed Beans

🌿 Cheddar Chickpea Pack

*Served with*  
Jollof Rice, Butternut  
Squash Bake

**TRUE FOOD**  
MPS CULINARY & WELLNESS SERVICES

*Know Your Food*

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