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MPS True Food
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April Lunch

SECONDARY MODIFIED 2025



This institution is an equal opportunity provider.

Enhance Your Meal
with Fresh
Farm-to-School
Items on the
Salad Bar.
Milk Offered Daily.

SPRING BREAK

M 7

Beef Sambusa
Lentil Sambusa
Roasted Carrots
Turkey Bologna & Cheddar on Bun

T 8

Penne Pasta Bowl with Italian Beef
Turkey Italian Sausage
Zesty Italian Vegetable Crumble
Roasted Italian Vegetables
Bagel Yogurt Pack

W 9

Ramen with Chicken
Ramen with Tofu
Roasted Turkey & Cheddar on Flatbread

T 10 #MNTHURS

Chicken Gua Bao
Tofu Gua Bao
Smoked Turkey & Swiss on Pullman
Served with Teriyaki Blend Vegetables Brown Rice
Dorayaki

F 11

Beef Pepperoni Pizza
Veggie Pizza
Four Cheese Pizza
Cheddar Chickpea Flatbread Pack

M 14

Chicken Alfredo
Soy Nuggets with Alfredo
Penne Pasta Green Beans
Turkey Bologna & Cheddar on Bun

T 15

Noodle Bowl Beef Bulgogi
Tofu Bulgogi
Roasted Broccoli
Bagel Yogurt Pack

W 16

New Orleans Sausage Jambalaya
New Orleans Red Beans & Rice
Cornbread
Braised Greens
Roasted Turkey & Cheddar on Flatbread

T 17

Chicken Quesadilla
Black Bean & Cheese Quesadilla Calabacitas
Smoked Turkey & Swiss on Pullman

F 18

Grilled Turkey & Cheese Sandwich
Grilled Cheese
Tomato Soup
Pizza Bento Box

M 21

Esquites Chicken Rice Bowl
Esquites Black Bean Rice Bowl
Turkey Bologna & Cheddar on Bun

T 22

Cheese Lasagna
Green Beans
Dinner Roll
Bagel Yogurt Pack

W 23

Harissa Beef or Chicken
Falafel
Bariis Rice
Tomato Cucumber Salad
Roasted Turkey & Cheddar on Flatbread

T 24

Oven Fried Chicken
Baked Soy Nuggets
Cornbread
Roasted Carrots
Smoked Turkey & Swiss on Pullman

F 25

Beef Pepperoni Pizza
Zesty Italian Crumble Pizza
Four Cheese Pizza
Turkey Coin Bento Box

M 28

Beef Tacos
Sofritas Tacos
Seasoned Pinto Beans
Turkey Bologna & Cheddar on Bun

T 29

Rice Bowl
Sweet & Sour Chicken
Sweet & Sour Tofu
Roasted Fresh Broccoli
Bagel Yogurt Pack

W 30

Spaghetti with Mega Meatball
Spaghetti with Italian Veggies
Green Beans
Garlic Toast
Roasted Turkey & Cheddar on Flatbread

TRUE FOOD

MPS CULINARY & WELLNESS SERVICES

Know Your Food Local Business Meatless Option
Farm to School Contains Fish