



October Lunch

PREPACK 2026

mps.schools.org/menus

ENHANCE YOUR MEAL WITH FRESH FARM TO SCHOOL ITEMS ON THE SALAD BAR. MILK OFFERED DAILY.

Know Your Food  Vegetarian  Farm to School  Local Business

5 Beef/  Lentil Sambusa Cracker Yogurt Pack Served with Basbaas Sauce Bariis Rice  Swiss Chard Chickpea Curry	6 Swedish Meatballs/  Veggieballs & Pasta Roasted Turkey & Cheddar on Bun Served with  Roasted Red Beets	7 Pepperoni/  Cheese Pizza Roasted Turkey & Cheddar on Bun Served with Seasoned Green Beans	8 MN Thursday Roast Turkey & Gravy/  Herbed Veggie Strips Roasted Turkey & Cheddar on Bun Served with  Cornbread with Blueberry Compote  Butternut Squash	9  Grilled Cheese Served with  Tomato Soup Pizza Bento Box
12 Chicken/  Soy Alfredo Pasta Turkey & Cheese Bento Box Served with Mixed Veggies	13  Mac & Cheese  Chickpea Butter & Jam Sandwich Served with Green Peas	14 No School - MEA	15 No School - MEA	16 No School - MEA
19  Cheese Omelet & Pancakes Cracker Yogurt Pack Served with Diced Seasoned Potatoes	20  Cheese Lasagna Smoked Turkey & Swiss Sandwich Served with  Roasted Carrots	21 Cheeseburger or Hamburger/  Black Bean Burger Smoked Turkey & Swiss Sandwich Served with Baked Beans	22 Herb Roasted Chicken Drumstick/  Herb Soy Nuggets Smoked Turkey & Swiss Sandwich Served with  Cornbread Green Beans	23 Chicken/  Bean Tacos Pizza Bento Box Served with Tajin Corn
26 Sweet & Sour Chicken/  Tofu Turkey & Cheese Bento Box Served with Green Peas	27 Beef/   Fiesta Crumble Nachos Chicken Salad Croissant Served with  Seasoned Pinto Beans	28 Meatballs with Marinara & Pasta/  Italian Crumble Chicken Salad Croissant Served with Mixed Vegetables	29 Chicken/  Soy Filet Sandwich Chicken Salad Croissant Served with Sweet Potatoes	30  Turkey Hot Dog/  Soy Filet Sandwich Pizza Bento Box Served with Diced Seasoned Potatoes

For nutrition facts and allergens, visit schoolcafe.com/MinneapolisPublicSchools. Menu subject to change.
This institution is an equal opportunity provider.



WE DO NOT SERVE PORK HERE.

No servimos cerdo aqui.

Waxaan halkan kuma adeegi doofaarka.

Peb tsis pab naqij npuas no.