



October Lunch

ON-SITE 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 Mega Swedish Meatball Pasta/ Veggieballs Roasted Turkey & Cheddar on Bun Served with Roasted Red Beets	7 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 Delicata Squash	9 Grilled Cheese Served with Tomato Soup Pizza Bento Box
12 Chicken/Soy Alfredo Pasta Turkey & Cheese Bento Box Served with Roast Broccoli	13 Mac & Cheese Chickpea Butter & Jam Sandwich Served with Braised Kale	14 No School - MEA	15 No School - MEA	16 No School - MEA
19 Cheese Omelet & Pancakes Cracker Yogurt Pack Served with Roasted Red 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 Oven Braised Kale	23 Chicken/Bean & Cheese Quesadilla Pizza Bento Box Served with Cilantro Lime Slaw
26 Sweet & Sour Chicken/Tofu Turkey & Cheese Bento Box Served with Pepper Onion Medley	27 Beef/Fiesta Crumble Nachos Chicken Salad Croissant Served with Seasoned Pinto Beans	28 Mega Meatball with Marinara & Pasta/Italian Crumble Pasta Chicken Salad Croissant Roasted Broccoli	29 Chicken/Soy Filet Sandwich Chicken Salad Croissant Served with Roasted Sweet Potatoes	30 Turkey Hot Dog/ Soy Filet Sandwich Pizza Bento Box Served with Potato Jojos

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.