



October

VENDED MEALS 2026

mpschoools.org/menus

Know Your Food Vegetarian Farm to School
 Local Business

			1 <u>BREAKFAST</u> Apple Cinnamon Breakfast Bread <u>LUNCH</u> Chicken/ Soy Filet Sandwich Chicken Salad Croissant Sweet Potatoes	2 <u>BREAKFAST</u> Mini Maple Pancakes <u>LUNCH</u> Turkey Hot Dog/ Soy Filet Sandwich Pizza Bento Box Seasoned Potatoes
5 <u>BREAKFAST</u> Sausage & Cheese Croissant <u>LUNCH</u> Beef/ Lentil Sambusa Cracker Yogurt Pack Basbabs Sauce, Bariis Rice, Swiss Chard Chickpea Curry	6 <u>BREAKFAST</u> Blueberry Belgian Waffle <u>LUNCH</u> Swedish Meatballs/ Veggieballs & Pasta Roasted Turkey & Cheddar on Bun Roasted Red Beets	7 <u>BREAKFAST</u> Pancake Bites <u>LUNCH</u> Pepperoni/ Cheese Pizza Roasted Turkey & Cheddar on Bun	8 MN Thursday <u>BREAKFAST</u> Carrot Breakfast Bread <u>LUNCH</u> Roast Turkey & Gravy/ Herbed Veggie Strips Roasted Turkey & Cheddar on Bun Cornbread Butternut Squash	9 <u>BREAKFAST</u> French Toast Sticks <u>LUNCH</u> Grilled Cheese Tomato Soup Pizza Bento Box
12 <u>BREAKFAST</u> Sausage & Cheese Pancake Stacker <u>LUNCH</u> Chicken/ Soy Alfredo Pasta Turkey & Cheese Bento Box Mixed Veggies	13 <u>BREAKFAST</u> Maple Belgian Waffle <u>LUNCH</u> Mac & Cheese Chickpea Butter & Jam Sandwich Green Peas	14 NO SERVICE	15 NO SERVICE	16 NO SERVICE
19 <u>BREAKFAST</u> Sausage & Cheese Croissant <u>LUNCH</u> Cheese Omelet with Pancakes Diced Potatoes Cracker Yogurt Pack	20 <u>BREAKFAST</u> Blueberry Belgian Waffle <u>LUNCH</u> Cheese Lasagna Turkey & Swiss Sandwich Roasted Carrots	21 <u>BREAKFAST</u> Pancake Bites <u>LUNCH</u> Cheeseburger or Hamburger/ Black Bean Burger Turkey & Swiss Sandwich Baked Beans	22 <u>BREAKFAST</u> Carrot Breakfast Bread <u>LUNCH</u> Herb Roasted Chicken Drumstick/ Herb Soy Nuggets Turkey & Swiss Sandwich Cornbread, Green Beans	23 <u>BREAKFAST</u> French Toast Sticks <u>LUNCH</u> Chicken/ Bean Tacos Pizza Bento Box Tajin Corn
26 <u>BREAKFAST</u> Sausage & Cheese Pancake Stacker <u>LUNCH</u> Sweet & Sour Chicken/ Tofu Turkey & Cheese Bento Box, Green Peas	27 <u>BREAKFAST</u> Maple Belgian Waffle <u>LUNCH</u> Beef/ Fiesta Crumble Nachos Chicken Salad Croissant Seasoned Pinto Beans	28 <u>BREAKFAST</u> Egg & Cheese Tamale <u>LUNCH</u> Meatballs with Marinara & Pasta/ Italian Crumble Pasta Chicken Salad Croissant Mixed Vegetables	29 <u>BREAKFAST</u> Apple Cinnamon Breakfast Bread <u>LUNCH</u> Chicken/ Soy Filet Sandwich Chicken Salad Croissant Sweet Potatoes	30 <u>BREAKFAST</u> Mini Maple Pancakes <u>LUNCH</u> Turkey Hot Dog/ Soy Filet Sandwich Pizza Bento Box 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 nqaij npuas no.