

2017

APRIL Alternative Lunch



M T W T F
3 4 5 6 7

Spring Break No School


CHOICES	10	TATER TOT HOTDISH BAGEL YOGURT PACK	11	SWEDISH MEATBALLS WITH ROTINI NOODLES CHICKEN CAESAR SALAD	12	CHEESE LASAGNA BUFFALO CHICKEN SALAD	13	#MNTHURS JR IRON CHEF WINNING BBQ CHICKEN CHICKEN CAESAR SALAD	14	CHEESE OR BEEF PEPPERONI PIZZA CHICKEN CAESAR SALAD
	SIDES	SALAD BAR	GREEN PEAS	GARLIC TOAST	DIRTY GRAIN BLEND, GINGERED RADISH SALAD, KAKOOKIE	SALAD BAR WITH OOOH LALA SALAD (ROOTS FOR THE HOME TEAM)	SALAD BAR			
CHOICES	17	SPICY CHICKEN SANDWICH BAGEL YOGURT PACK	18	BEEF OR BEAN NACHOS TACO SALAD OR BLACK BEAN TACO SALAD WITH TORTILLA CHIPS	19	CHICKEN PARMESAN OR PASTA WITH MARINARA BUFFALO CHICKEN SALAD	20	FRENCH HERB CHICKEN, DINNER ROLL CHEF SALAD	21	GARLIC CHEESE BREAD WITH MARINARA CHEF SALAD
	SIDES	JOJO POTATOES SALAD BAR	MARKET CART SALAD BAR WITH JALISCO BEAN SALAD	ROASTED CARROTS	PARSLEY BUTTERED POTATOES, GREEN BEANS	CALIFORNIA VEGETABLE BLEND SALAD BAR				
CHOICES	24	ORANGE CHICKEN WITH SOBA NOODLES BAGEL YOGURT PACK	25	HAMBURGER, CHEESEBURGER OR BLACK BEAN BURGER CHICKEN CAESAR SALAD	26	CHICKEN ALFREDO OR PASTA ALFREDO BUFFALO CHICKEN SALAD	27	TURKEY & GRAVY MASHED POTATOES CHICKEN CAESAR SALAD	28	BUFFALO CHICKEN FLATBREAD SANDWICH CHICKEN CAESAR SALAD
	SIDES	STEAMED BROCCOLI SALAD BAR	SWEET POTATO WAFFLE FRIES MARKET CART SALAD BAR WITH CURRIED RICE SALAD	COUNTRY VEGETABLE MEDLEY	SWEET POTATO WAFFLE FRIES SALAD BAR					

Save the Date!

3rd Annual Junior Iron Chef Competition

May 8th, 5:30 - 7:30pm
Free and open to the public!

For more information, visit: nutritionservices.mpls.k12.mn.us/junior_iron_chef



KNOW YOUR FOOD

- MEATLESS OPTION
AVAILABLE
- FARM TO SCHOOL
ITEM
- CONTAINS
FISH
- TRUE FOOD CHEF
COUNCIL RECIPE
- OUR BAKED GOODS
ARE WHOLE GRAIN
- SKIM & 1% MILK
AVAILABLE DAILY

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