

# 2017

# APRIL On-Site Lunch



M T W T F  
3 4 5 6 7

# Spring Break No School

CHOICES	10	HAMBURGER OR BAGEL YOGURT PACK	11	SWEDISH MEATBALLS WITH ROTINI NOODLES OR CHICKEN CAESAR SALAD	12	CHICKEN TACOS WITH TOPPINGS OR DELI TURKEY & CHEESE SANDWICH	13	#MNTHURS JR IRON CHEF WINNING BBQ CHICKEN OR CHICKEN CAESAR SALAD	14	CHEESE OMELET WITH PANCAKES OR COLD CUT COMBO SUB
	SIDES		TATER TOTS		GREEN PEAS	BLACK BEANS	DIRTY GRAIN BLEND, GINGERED RADISH SALAD, KAKOOKIE	ROASTED POTATOES		
	SALAD BAR		SALAD BAR WITH OOOH LALA SALAD (ROOTS FOR THE HOME TEAM)							SALAD BAR
CHOICES	17	CHICKEN PATTY SANDWICH OR BAGEL YOGURT PACK	18	BEEF OR BEAN NACHOS OR TACO SALAD/BLACK BEAN TACO SALAD WITH TORTILLA CHIPS	19	CHICKEN FRIED RICE OR TURKEY BOLOGNA & CHEESE SANDWICH	20	FRENCH HERB CHICKEN, DINNER ROLL OR CHEF SALAD	21	GARLIC CHEESE BREAD WITH MARINARA OR COLD CUT COMBO SUB
	SIDES		SWEET POTATO WAFFLE FRIES		ROASTED CARROTS		PARSLEY BUTTERED POTATOES, GREEN BEANS		CALIFORNIA VEGETABLE BLEND	
	SALAD BAR		MARKET CART SALAD BAR WITH JALISCO BEAN SALAD							SALAD BAR
CHOICES	24	TURKEY BURGER OR BAGEL YOGURT PACK	25	GRILLED CHEESE & TOMATO SOUP OR CHICKEN CAESAR SALAD	26	CHICKEN ALFREDO/ PASTA ALFREDO OR DELI TURKEY & CHEESE SANDWICH	27	CHICKEN & CHEESE OR BLACK BEAN & CHEESE QUESADILLA OR CHICKEN CAESAR SALAD	28	POTATO CRUSTED FISH FILLET WITH MAC & CHEESE OR COLD CUT COMBO SUB
	SIDES		BAKED BEANS				SOUTHWEST RICE, CORN		COUNTRY VEG MEDLEY	
	SALAD BAR		MARKET CART SALAD BAR WITH CURRIED RICE SALAD							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](http://nutritionservices.mpls.k12.mn.us/junior_iron_chef)

## KNOW YOUR FOOD

- MEATLESS OPTION  
AVAILABLE**
- FARM TO SCHOOL  
ITEM**
- CONTAINS  
FISH**
- OUR BAKED GOODS ARE  
WHOLE GRAIN**
- SKIM & 1% MILK  
AVAILABLE DAILY**

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