

# 2017

# APRIL Satellite 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 BLACK BEANS & 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	POTATO WEDGES FRESH CARROTS, APPLE DRIED CRANBERRIES	GREEN PEAS GREEN PEPPER SLICES BANANA	FRESH BROCCOLI KIWI WEDGES APPLESAUCE	DIRTY GRAIN BLEND GINGERED RADISH SALAD CORN, BANANA KAKOOKIE	ROASTED BREAKFAST POTATOES FRESH CARROTS GRAPES, FRUIT CUP				
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	LASAGNA ROLL OR TURKEY BOLOGNA & CHEESE SANDWICH	20	TERIYAKI CHICKEN DRUMSTICK WITH YELLOW RICE OR CHEF SALAD	21	CHEESE PIZZA OR COLD CUT COMBO SUB
	SIDES	POTATO WEDGES FRESH CARROTS, APPLE DRIED CRANBERRIES	JALISCO BEAN SALAD JICAMA STICKS BANANA	SPINACH SIDE SALAD FRESH CUCUMBER ORANGE WEDGES APPLESAUCE	GREEN BEANS FRESH VEGETABLES BANANA	COUNTRY VEGETABLE MEDLEY, FRESH CARROTS GRAPES, FRUIT CUP				
CHOICES	24	TURKEY BURGER OR BAGEL YOGURT PACK	25	PANCAKES WITH TURKEY SAUSAGES OR CHICKEN CAESAR SALAD	26	CHICKEN ALFREDO/ PASTA ALFREDO OR DELI TURKEY & CHEESE SANDWICH	27	TURKEY & GRAVY OR CHICKEN CAESAR SALAD	28	POTATO CRUSTED FISH FILLET WITH MAC & CHEESE OR COLD CUT COMBO SUB
	SIDES	BAKED BEANS FRESH CARROTS, APPLE DRIED CRANBERRIES	ROASTED BREAKFAST POTATOES, FRESH CUCUMBER, BANANA	STEAMED CARROTS, FRESH BROCCOLI FRESH FRUIT MEDLEY APPLESAUCE	MASHED POTATOES FRESH VEGETABLES BANANA, DINNER ROLL	FIESTA CORN FRESH CARROTS GRAPES, FRUIT CUP				

## 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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