

2017

APRIL
Satellite + Salad Bar




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 SALAD BAR	GREEN PEAS SALAD BAR WITH OOH LALA SALAD (ROOTS FOR THE HOME TEAM)	BLACK BEANS	DIRTY GRAIN BLEND GINGERED RADISH SALAD KAKOOKIE	BREAKFAST POTATOES 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	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 SALAD BAR	MARKET CART SALAD BAR WITH JALISCO BEAN SALAD	GREEN BEANS	COUNTRY VEG MEDLEY SALAD BAR					
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 SALAD BAR	BREAKFAST POTATOES MARKET CART SALAD BAR WITH CURRIED RICE SALAD	STEAMED CARROTS	MASHED POTATOES	FIESTA CORN 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
- OUR BAKED GOODS ARE
WHOLE GRAIN
- SKIM & 1% MILK
AVAILABLE DAILY

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