

September Vended Meals

2022 TRUE FOOD
PROVIDED BY MPB-CWS SVCS

<p>M 5</p> <p>LABOR DAY</p>	<p>T 6</p> <p>BREAKFAST Snackin' Blueberry Waffle, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>French Bread Pizza, Bagel Yogurt Pack</p>	<p>W 7</p> <p>BREAKFAST French Toast Bread, Yogurt Cup</p> <p>LUNCH Choose 1</p> <p>Breaded Chicken Patty with Bun, Black Bean Burger, Diced Sweet Potatoes, Smoked Turkey & Cheddar Hoagie</p>	<p>T 8</p> <p>BREAKFAST Brekkie Breakfast Bar, Hard-Boiled Egg</p> <p>LUNCH Choose 1</p> <p>BBQ Rubbed Chicken Drumstick, Dirty Rice, Grilled Cheese, Corn on the Cob, Smoked Turkey & Cheddar Hoagie</p>	<p>F 9</p> <p>BREAKFAST Bagel & Cream Cheese, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>Roast Turkey & Gravy, Mashed Potatoes & Roll, Green Beans, Cheese Stromboli, Smoked Turkey & Cheddar Hoagie</p>
<p>M 12</p> <p>BREAKFAST Apple Oatmeal Bar, Yogurt Cup</p> <p>LUNCH Choose 1</p> <p>Beef Hamburger, Beef Cheeseburger, Black Bean Burger, Bagel Yogurt Pack, Potato Wedges</p>	<p>T 13</p> <p>BREAKFAST Snackin' Cinnamon Waffle, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>Shredded Beef Burrito, Bean & Cheese Burrito, Brown Rice & Salsa Cup, Chicken Salad with Flatbread</p>	<p>W 14</p> <p>BREAKFAST Tootly Bread, Yogurt Cup</p> <p>LUNCH Choose 1</p> <p>Chicken à la King, Biscuits, Grilled Cheese, Chicken Salad with Flatbread</p>	<p>T 15</p> <p>BREAKFAST Banana Bread, Hard-Boiled Egg</p> <p>LUNCH Choose 1</p> <p>Cheese Lasagna Roll, Country Blend Vegetables, Chicken Salad with Flatbread</p>	<p>F 16</p> <p>BREAKFAST Maple Pancakes, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>BBQ Meatballs, BBQ Vegetable Balls, Mac & Cheese & Roll, Green Beans, Chicken Salad with Flatbread</p>
<p>M 19</p> <p>BREAKFAST Strawberry Oatmeal Bar, Yogurt Cup</p> <p>LUNCH Choose 1</p> <p>Turkey Burger, Cheese Turkey Burger, Black Bean Burger, Bagel Yogurt Pack, Baked Beans</p>	<p>T 20</p> <p>BREAKFAST Snackin' Blueberry Waffle, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>Chicken Parmesan Penne, Vegetable Ball Pasta Bake, Country Blend Vegetables, Turkey Bologna & Cheddar Sandwich</p>	<p>W 21</p> <p>BREAKFAST French Toast Bread, Yogurt Cup</p> <p>LUNCH Choose 1</p> <p>Honey Chipotle Fish, Roll, Grilled Cheese, Potato Wedges, Turkey Bologna & Cheddar Sandwich</p>	<p>T 22</p> <p>BREAKFAST Brekkie Breakfast Bar, Hard-Boiled Egg</p> <p>LUNCH Choose 1</p> <p>BBQ Rubbed Chicken Drumstick, Cornbread, Green Beans, Sunbutter Sandwich, Turkey Bologna & Cheddar Sandwich</p>	<p>F 23</p> <p>BREAKFAST Bagel & Cream Cheese, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>French Bread Pizza, Turkey Bologna & Cheddar Sandwich</p>
<p>M 26</p> <p>BREAKFAST Apple Oatmeal Bar, Yogurt Cup</p> <p>LUNCH Choose 1</p> <p>Chicken Tamale, Cheese Tamale, Pinto Beans & Salsa Cup, Fresh Vegetable</p>	<p>T 27</p> <p>BREAKFAST Snackin' Cinnamon Waffle, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>Chicken Tamale, Cheese Tamale, Pinto Beans & Salsa Cup, Bagel Yogurt Pack</p>	<p>W 28</p> <p>BREAKFAST Tootly Bread, Yogurt Cup</p> <p>LUNCH Choose 1</p> <p>Sweet & Sour Chicken, Brown Rice, Carrots, Sunbutter Sandwich, Turkey & Cheddar on Flatbread</p>	<p>T 29</p> <p>BREAKFAST Banana Bread, Hard-Boiled Egg</p> <p>LUNCH Choose 1</p> <p>Baked Herb Chicken Drumstick, Roll, Breakfast Potato, Grilled Cheese, Turkey & Cheddar on Flatbread</p>	<p>F 30</p> <p>BREAKFAST Maple Pancakes, Cheese Stick</p> <p>LUNCH Choose 1</p> <p>Beef Hot Dog and Bun, Black Bean Burger, Sweet Potatoes, Turkey & Cheddar on Flatbread</p>

SELECTION OF FRUIT, VEGETABLE, & MILK OFFERED DAILY

This institution is an equal opportunity provider. cws.mpls.k12.mn.us



Meatless Option	JR Iron Chef Recipe	Farm To School	Contains Fish
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Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus. For the most up to date information, visit cws.mpls.k12.mn.us.