

Lunch PREPACK

JAN 2022

M 3

SWEDISH MEATBALLS WITH PASTA, CORN, CORNBREAD
BAGEL YOGURT PACK

T 4

CHICKEN BURGER, CHICKEN BURGER WITH CHEESE, OR BEAN BURGER; POTATO WEDGES
ROAST TURKEY & CHEDDAR SANDWICH

W 5

CHICKEN NACHO GRANDE, BLACK BEANS, CHIPS
GRILLED CHEESE SANDWICH
ROAST TURKEY & CHEDDAR SANDWICH

T 6

ROAST TURKEY & GRAVY, MASHED POTATOES, GREEN BEANS, CORNBREAD
SUNBUTTER SANDWICH
ROAST TURKEY & CHEDDAR SANDWICH

F 7

LASAGNA ROLL, CORN
ROAST TURKEY & CHEDDAR SANDWICH

M 10

SHREDDED BEEF BURRITO OR BEAN & CHEESE BURRITO, PINTO BEANS, CHIPS
BAGEL YOGURT PACK

T 11

BREADED CHICKEN SANDWICH OR BEAN BURGER, POTATO WEDGES
CHICKEN SALAD FLATBREAD

W 12

PASTA WITH MEATBALLS, CARROTS
CHEESE STROMBOLI
CHICKEN SALAD FLATBREAD

T 13

JR IRON CHEF BBQ RUBBED CHICKEN, DIRTY GRAIN BLEND, CORN
GRILLED CHEESE
CHICKEN SALAD FLATBREAD

F 14

CHEESE FRENCH BREAD PIZZA, GREEN BEANS
CHICKEN SALAD FLATBREAD

M 17

NO SCHOOL

T 18

SLOPPY JOE SWEET POTATOES
BAGEL YOGURT PACK

W 19

SWEET & SOUR CHICKEN, BROWN RICE, CARROTS
SUNBUTTER SANDWICH
SMOKED TURKEY & CHEDDAR SANDWICH

T 20

BAKED CHICKEN DRUMSTICK, BEETS, ROLL
GRILLED CHEESE SANDWICH
SMOKED TURKEY & CHEDDAR SANDWICH

F 21

BEEF HOT DOG, POTATO WEDGES
CHEESE STROMBOLI
SMOKED TURKEY & CHEDDAR SANDWICH

M 24

CHICKEN PARMESAN WITH PASTA, CARROTS
BAGEL YOGURT PACK

T 25

HONEY CHIPOTLE FISH, PINTO BEANS, CORNBREAD
GRILLED CHEESE
TURKEY SALAMI & CHEDDAR SANDWICH

W 26

TURKEY SAUSAGES OR CHEESE OMLET, PANCAKES, POTATOES
GRILLED CHEESE SANDWICH
TURKEY SALAMI & CHEDDAR SANDWICH

T 27

BBQ MEATBALLS, MAC & CHEESE, GREEN BEANS
SUNBUTTER SANDWICH
TURKEY SALAMI & CHEDDAR SANDWICH

F 28

NO SCHOOL

M 31

SWEDISH MEATBALLS WITH PASTA, CORN, CORNBREAD
BAGEL YOGURT PACK

Know Your Food

MEATLESS OPTION

FARM TO SCHOOL

CONTAINS FISH

JR IRON CHEF RECIPE

SALAD BAR AVAILABLE AT PARTICIPATING LOCATIONS.



Milk is always available.

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

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change.

