

# January Lunch



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ON-SITE 2024



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

**M 1**

Enhance Your Meal with Fresh Farm-to-School Items on the Salad Bar. Milk Offered Daily.

**NO SCHOOL**

**T 2**

Sweet & Sour Chicken,  
Sweet & Sour Tofu Bites  
Bagel Yogurt Pack  
Served with Brown Rice, Roasted Broccoli

**W 3**

Chicken & Waffles,  
Baked Soy Nuggets & Waffles  
Roasted Turkey & Cheddar on Flatbread  
Served with Red Roasted Potatoes

**T 4**

Cheese Lasagna  
Smoked Turkey & Cheddar on Pullman  
Served with Fresh Steamed Green Beans, Garlic Toast

**F 5**

Ferndale Turkey Chili Dog,  
Black Bean Burger  
Chocolate Chickpea Flatbread Pack  
Served with Tator Tots

**M 8**

Beef Taco,  
Sofritas Taco  
Roasted Turkey & Cheddar on Bun  
Served with Seasoned Black Beans

**T 9**

Philly Cheesesteak Sandwich,  
Veggie Philly Sandwich  
Bagel Yogurt Pack  
Served with Potato Wedge

**W 10**

Breaded Chicken Patty on Bun,  
Black Bean Burger  
Roasted Turkey & Cheddar on Flatbread  
Served with Baked Beans

**#MNTHURS 11**

Baked Coriander Chicken,  
Stewed Red Beans  
Smoked Turkey & Cheddar on Pullman  
Served with Jollof Rice,  
Roasted Carrots,  
Sweet Potato Winter Cake

**F 12**

Beef Pepperoni Pizza,  
Cheese Pizza  
Chocolate Chickpea Flatbread Pack

**M 15**

**NO SCHOOL**

**T 16**

Honey Chipotle Fish,  
Creamy Mac & Cheese,  
Black Bean Burger  
Bagel Yogurt Pack  
Served with Steamed Green Beans

**W 17**

BBQ Chicken Nuggets,  
BBQ Soy Nuggets,  
Roasted Turkey & Cheddar on Flatbread  
Served with Potato Wedge, Dinner Roll

**T 18**

Chicken & Cheese Quesadilla,  
Black Bean & Cheese Quesadilla  
Smoked Turkey & Cheddar on Pullman  
Served with Seasoned Corn, Southwest Rice

**F 19**

Grilled Cheese Sandwich  
Chocolate Chickpea Flatbread Pack  
Served with Tomato Soup

**M 22**

Cheese Omelet, Pancake with Blueberry Compote  
Roasted Turkey & Cheddar on Bun  
Served with Red Roasted Potatoes

**T 23**

Beef Hamburger, Beef Cheeseburger,  
Black Bean Burger  
Bagel Yogurt Pack  
Served with Baked Beans

**W 24**

Spaghetti & Meatballs,  
Spaghetti and Nori Nuggets with Marinara  
Roasted Turkey & Cheddar on Flatbread  
Served with Garlic Toast, Steamed Green Beans

**T 25**

Oven Fried Chicken Drumstick,  
Baked Soy Nuggets  
Smoked Turkey & Cheddar on Pullman  
Served with Roasted Carrots, Dinner Roll

**F 26**

**NO SCHOOL**

**M 29**

Chicken Tamale,  
Cheese Tamale  
Roasted Turkey & Cheddar on Bun  
Served with Seasoned Black Beans, Southwest Rice

**T 30**

Sweet & Sour Chicken,  
Sweet & Sour Tofu Bites  
Bagel Yogurt Pack  
Served with Brown Rice, Roasted Broccoli

**W 31**

Chicken & Waffles,  
Baked Soy Nuggets & Waffles  
Roasted Turkey & Cheddar on Flatbread  
Served with Red Roasted Potatoes

**WE DO NOT SERVE PORK HERE.**  
No servimos cerdo aqui.  
Waxaan halkan kuma adeegi doofaarka.  
Peb tsis pab naajj npuas no.

Know Your Food Local Business JR Iron Chef Recipe  
Meatless Option Farm to School Contains Fish

**TRUE FOOD**  
MPS CULINARY & WELLNESS SERVICES

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](http://cws.mpls.k12.mn.us).