

MSP January 2019 Lunch Menu

January 2 to January 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal			WG Breaded Crispy Chicken Patty on a Whole Grain Bun! Oven Baked Crinkle Cut Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Penne Pasta with Meat Sauce Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Pancakes With Syrup, & Choice of Strawberries or Blueberries Sausage Links Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The MSP Pizzeria All Pizzas are made fresh daily.			Choose from Mozzarella, Pepperoni, or Bacon Pizza Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Meatball Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato, Pepper & Onion Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The MSP Deli			Buffalo Chicken Wrap w/ Lettuce Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Tuna Salad in a WG Tortilla Wrap Lettuce & Tomato Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey & Cheese On a WG Grinder Roll Lettuce and Tomato Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free- to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing.	WG=Whole Grain LF=Low Fat Milk choices are: 1% White, Skim Chocolate, and Skim Strawberry.	Menu is subject to change!		

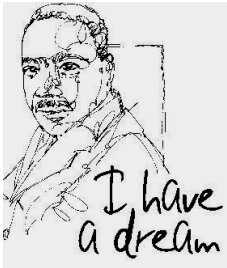
MSP January 2019 Lunch Menu

January 7 to January 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	Sausage, Egg, & Cheese on a Whole Grain Bun! BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Three Cheese WG Calzone with Pizza Sauce Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Breaded Chicken Nuggets Whole Grain Egg Noodles with Basil Fresh Made Tomato & Cucumber Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Potato Wedges w/ Taco Meat, Broccoli, Tomato, Cheese, and Salsa, WG Dinner Roll Mexican Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choice of Cheese, or Pepperoni Stuffed Crust Pizza Fresh Roasted Green and Red Peppers Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The MSP Pizzeria All Pizzas are made fresh daily.	Choose from Mozzarella, Pepperoni, or White w/ Pepperoni BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or White Pepperoni Fresh Made Tomato & Cucumber Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Buffalo Chicken Mexican Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Mushroom & Onion Fresh Roasted Green and Red Peppers Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The MSP Deli	Buffalo Chicken Wrap BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Peanut Butter & Jelly on A WG Kaiser Roll With a Cheese Stick Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chicken Salad in a WG Tortilla Wrap Lettuce & Tomato Fresh Made Tomato & Cucumber Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Mexican Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Salami, Ham & Turkey on WG Kaiser Roll Lettuce & Tomato Fresh Roasted Green and Red Peppers Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain LF=Low Fat	Menu is subject to change!		

MSP January 2019 Lunch Menu

January 14 to January 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	Hamburger/Cheeseburger Lettuce & Tomato on WG Roll Fresh Made Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chicken Snack Wrap Breaded Chicken Tenders, Lettuce & Tomato, Cheddar Cheese & LF Ranch Dressing WG Tortilla Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Whole Grain Breaded Mozzarella Sticks Marinara Sauce Steamed Broccoli and Roasted Red Pepper Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Twin Taco w/ Meat sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Boneless BBQ Ribs on a WG Roll Lettuce & Tomato Fresh Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The MSP Pizzeria All Pizzas are made fresh daily.	Choose from Mozzarella, Pepperoni, or White w/ Pepperoni Fresh Made Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Pizza Mashed Potatoes Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Buffalo Chicken BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or White Pepperoni Fresh Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The MSP Deli	Buffalo Chicken Wrap Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Fresh Made Chicken Salad on a Whole Grain Grinder Roll! With Lettuce and Tomato Celery and Carrot Sticks Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chef Salad w/Mixed Greens, Ham, Turkey, Cheese w/WG Roll, Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey Ham and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Fresh Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chicken Salad on a Whole Grain Grinder Roll Lettuce & Tomato Fresh Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain LF=Low Fat	Menu is subject to change!		

MSP January 2019 Lunch Menu

January 21 to January 25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	<p style="text-align: center;">MLK Holiday</p> 	WG French Toast Sticks with Syrup Chicken Sausage Patty Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Rotini & Meatballs with Marinara Sauce Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Chicken & Pineapple Stir Fry over Fried Rice Steamed Oriental Vegetables Fortune Cookie! Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Grilled Ham & Cheese on Whole Grain Flatbread Steamed Broccoli & Carrot Rounds Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
The MSP Pizzeria All Pizzas are made fresh daily.		Choose from Mozzarella, Pepperoni, or White Pepperoni Fresh Baby Carrots with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Pizza Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Meatball Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato, Pepper & Onion Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The MSP Deli		Fresh Tuna Salad on a WG Kaiser Roll With Lettuce and Tomato Fresh Baby Carrots with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Buffalo Chicken Wrap w/ Lettuce Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Tuna Salad in a WG Tortilla Wrap Lettuce & Tomato Steamed Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Turkey & Cheese On a WG Grinder Roll Lettuce and Tomato Steamed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Pricing: For a Complete Meal: Paid -\$ 2.75 Reduced -\$0 .40 Free- to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing.	WG=Whole Grain LF=Low Fat Milk choices are: 1% White, Skim Chocolate, and Skim Strawberry.	Menu is subject to change!		

MSP January 2019 Lunch Menu

January 29 to January 31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	WG Waffles with Syrup, Sausage Links Choice of Strawberries, or Blueberries Baked Sweet Potato Wedges Sausage Links Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Breaded Chicken Tenders Whole Grain Dinner Roll Mashed Potato & Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Breaded Mozzarella Sticks w/ Marinara Sauce Steamed Broccoli and Roasted Red Pepper Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Grilled Fajita Chicken in a WG Tortilla Lettuce, Tomato, Cheese, Salsa, & Sour Cream, Onions & Peppers Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	
The MSP Pizzeria All Pizzas are made fresh daily.	Choose from Mozzarella, Pepperoni, or White Pepperoni Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Fresh Made Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Meatball Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato & Black Olive Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	
The MSP Deli	Chicken Salad on a WG Pretzel Roll Lettuce & Tomato Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Peanut Butter & Jelly on A WG Kaiser Roll With a Cheese Stick Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Fresh Made Tuna Salad on a WG Tortilla Wrap Lettuce & Tomato Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Mexican Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain LF=Low Fat	Menu is subject to change!		

