

## MSP September 2019 Lunch Menu

September 2 to September 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Main Meal</b>	<b>Labor Day</b>	Diced Chicken w/Orange Sauce, Vegetarian Fried Rice Asian Mixed Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	WG Nacho's w/Taco Meat Shred Lettuce, Tomato, Sour Cream, Shred Cheese Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken Patty on WG Roll w/lettuce. Tomato Baked Vegetarian Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Grilled Cheese w/Turkey & Ham on WG Flatbread Steamed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
<b>The MSP Pizzeria</b>  All Pizzas are made fresh daily.	<b>Labor Day</b>	Choose from WG French Bread Pizza Fresh Tomato w/Basil Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or Bacon Pizza Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or Meatball Cucumber and Dill Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or Tomato, Pepper& Onion Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>The MSP Deli</b>	<b>Labor Day</b>	Buffalo Chicken Wrap w/ Lettuce Fresh Tomato w/Basil Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Peanut Butter & Jelly on A WG Kaiser Roll With a Cheese Stick Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Tuna Salad in a WG Tortilla Wrap Lettuce & Tomato Cucumber and Dill Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Turkey & Cheese On a WG Grinder Roll Lettuce and Tomato Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>Pricing:</b> <b>For a Complete Meal:</b> <b>Paid -\$ 2.80</b> <b>Reduced -\$0 .40</b> <b>Free- to those students that qualify</b>	<b>Also Available Daily:</b>  Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing.	<b>WG=Whole Grain</b> <b>LF=Low Fat</b> Milk choices are: 1% White, Skim Chocolate, and Skim Strawberry.	Menu is subject to change!		

## MSP September 2019 Lunch Menu

September 9 to September 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Main Meal</b>	Potato Wedges w/ Taco Meat, Broccoli, Tomato, Cheese, and Salsa, Toppings WG Dinner Roll Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Chicken Corn Dog Nuggets w/Dipping Sauce BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Hamburger/ Cheeseburger on WG Roll Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Twin Pizza Sticks w/Marinara Sauce Tossed Green Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Popcorn Chicken w/Orange Sauce WG Rice Bowl Steamed Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>The MSP Pizzeria</b>  All Pizzas are made fresh daily.	Choose from WG Mozzarella, Pepperoni, or White w/ Pepperoni Green Bean& Sweet Pepper Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or BBQ Chicken Fresh Baby Carrots w/dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or White Pepperoni Fresh Made Tomato & Cucumber Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or Buffalo Chicken Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or Personal Pan Pizza Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>The MSP Deli</b>	WG Buffalo Chicken Wrap Green Bean& Sweet Pepper salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Peanut Butter & Jelly on A WG Kaiser Roll With a Cheese Stick Fresh Baby Carrots w/dressing 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 Grinder Roll Lettuce & Tomato Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>Pricing:</b> <b>For a Complete Meal:</b> <b>Paid –\$ 2.80</b> <b>Reduced -\$0 .40</b> <b>Free to those students that</b> <b>qualify</b>	<b>Also Available Daily:</b>  Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain LF=Low Fat	Menu is subject to change!		

## MSP September 2019 Lunch Menu

September 16 to September 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Main Meal</b>	Turkey Hot Dog on WG Roll, & Mild Chili Topping BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Crispy Chicken Patty On a WG Roll, Lettuce & Tomato Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Philly Cheesesteak on WG Grinder Roll w/Onions and Peppers Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Twin Taco w/ Meat sauce, Lettuce, Tomato, Cheese, and Salsa & Sour Cream Steamed Mexicali Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choice of WG Cheese, or Pepperoni Stuffed Crust Pizza Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>The MSP Pizzeria</b>  All Pizzas are made fresh daily.	Choose from WG Mozzarella, Pepperoni, or White w/ Pepperoni Fresh Made Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or BBQ Chicken Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG French Bread Pizza Fresh Tomato w/Basil Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or Buffalo Chicken Fresh Carrot Sticks Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from WG Mozzarella, Pepperoni, or Personal Pan Pizza Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>The MSP Deli</b>	WG 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! Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chef Salad w/Mixed Greens, Ham, Turkey, Cheese w/WG Roll, Fresh Tomato w/Basil Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey Ham and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Fresh Carrot Sticks Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Salami, Ham & Turkey on WG Grinder Roll Lettuce & Tomato Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>Pricing:</b> <b>For a Complete Meal:</b> <b>Paid –\$ 2.80</b> <b>Reduced -\$0 .40</b> <b>Free to those students that qualify</b>	<b>Also Available Daily:</b>  Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	<b>WG=Whole Grain</b> <b>LF=Low Fat</b>	Menu is subject to change!		

## MSP September 2019 Lunch Menu

September 23 to September 27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Main Meal</b>	WG Penne Pasta w/Meat sauce, WG Roll Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Chicken Parmesan Marinara sauce & Mozzarella Cheese WG Roll Steamed Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	BBQ Rib Sandwich (Boneless Pork Rib) WG Grinder Roll Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	French Toast Sticks, w/Syrup Sausage Links Tater Tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Chicken Nuggets w/Dipping sauce, WG Steamed Noodles Steamed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
<b>The MSP Pizzeria</b>  All Pizzas are made fresh daily.	Choose from Mozzarella, Pepperoni, or White w/ Pepperoni Green Bean & Sweet Pepper salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Fresh Made Tomato & Cucumber Salad 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 Cucumber and Dill Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato, Pepper & Onion Fresh Carrot & Celery Sticks w/Ranch Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>The MSP Deli</b>	Peanut Butter & Jelly on A WG Grinder Roll With a Cheese Stick Green Bean & Sweet Pepper salad 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	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 Cucumber and Dill Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Turkey & Cheese On a WG Grinder Roll Lettuce and Tomato Fresh Carrot & Celery Sticks w/Ranch Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
<b>Pricing:</b> <b>For a Complete Meal:</b> <b>Paid –\$ 2.80</b> <b>Reduced -\$0 .40</b> <b>Free- to those students that qualify</b>	<b>Also Available Daily:</b>  Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing.	<b>WG=Whole Grain</b> <b>LF=Low Fat</b> Milk choices are: 1% White, Skim Chocolate, and Skim Strawberry.	Menu is subject to change!	Shred Lettuce, Tomato, Sour Cream, Shred Cheese Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	

## MSP September 2019 Lunch Menu

September 30 to October 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Main Meal</b>	Baked Macaroni and Cheese w/WG Roll Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Crispy Chicken Patty on WG Bun.w/ Lettuce& Tomato Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Mozzarella Sticks w/Marina Sauce WG Roll Steamed Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Chicken Teriyaki Rice Bowl Asian Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Hot Meatball Grinder w/Marinara Sauce on WG Roll Baked French Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
		<b>October 1</b>	<b>October 2</b>	<b>October 3</b>	<b>October 4</b>
<b>The MSP Pizzeria</b>  All Pizzas are made fresh daily.	Choose from WG Mozzarella, Pepperoni, or Buffalo Chicken Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Fresh Made Tomato & Cucumber Salad 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 Cucumber and Dill Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato, Pepper& Onion Fresh Carrot & Celery Sticks w/Ranch Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
<b>The MSP Deli</b>	Turkey Ham and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Mexican Corn Salad 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	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 Cucumber and Dill Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Turkey & Cheese On a WG Grinder Roll Lettuce and Tomato Fresh Carrot & Celery Sticks w/Ranch Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
<b>Pricing:</b> <b>For a Complete Meal:</b> <b>Paid –\$ 2.80</b> <b>Reduced -\$0 .40</b> <b>Free- to those students that qualify</b>	<b>Also Available Daily:</b>  Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing.	<b>WG=Whole Grain</b>  Low Fat Milk choices are: 1% White, Skim Chocolate, and Skim Strawberry.	Menu is subject to change!		