

MPS Vended Meal Menu

2021-22

Monday	Tuesday	Wednesday	Thursday	Friday
30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mini Maple Pancakes	Apple Oatmeal Bar	Breakfast Burrito	Brekkie	Snackin' Cinnamon Waffle
IW Grapes	Marble Cheese Stick	IW Honeydew	Banana	IW Honeydew
Applesauce	IW Apple Slices	Fzn Peach Cup	Orange Juice	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Orange Juice	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Burrito	Turkey Cheeseburger	Chicken Alfredo	Herb Chicken Drumstick	French Bread Pizza
Bean & Cheese Burrito		Penne	w/Brown Rice	
Black Beans (3/4 cup)	Diced Sweet Potato (3/4 cup)	Green Beans (3/4 cup)	Corn (3/4 cup)	Side Salad w Ranch
IW Grapes	IW Apple Slices	IW Honeydew	Banana	IW Honeydew
Applesauce	Fzn Strawberry Cup	Fzn Peach Cup	Fzn Strawberry Cup	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mini Maple Pancakes	Breakfast Sandwich (Bagel-Egg-Cheese)	Strawberry Oatmeal Bar	Snackin' Blueberry Waffle	Bread, French Toast
IW Grapes	IW Apple Slices	Hardcooked Egg	Banana	Yogurt Cup, Peach
Applesauce	IW Apple Slices	IW Cantaloupe	Orange Juice	IW Cantaloupe
Milk: 1% or Skim 1/2 Pint	Orange Juice	Fzn Peach Cup	Milk: 1% or Skim 1/2 Pint	Fzn Mixed Berry Cup
	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint		Milk: 1% or Skim 1/2 Pint
Lunch	Lunch	Lunch	Lunch	Lunch
Swedish Meatball	Beef Nacho Grande	Chicken Parmesan	Roast Turkey	Lasagna Roll
w Penne	IW Tortilla Chips	w Penne	Dinner Roll	Dinner Roll
	Salsa		Mashed Potatoes	
Corn (3/4 cup)	Pinto Beans (3/4 cup)	Carrots (3/4 cup)	Green Beans (3/4 cup)	Side Salad w Ranch
IW Grapes	IW Apple Slices	IW Cantaloupe	Banana	IW Cantaloupe
Applesauce	Fzn Strawberry Cup	Fzn Peach Cup	Fzn Strawberry Cup	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint

13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mini Maple Pancakes	Apple Oatmeal Bar	Breakfast Burrito	Brekkie	Snackin' Cinnamon Waffle
	Marble Cheese Stick			
IW Grapes	IW Apple Slices	IW Pineapple	Banana	IW Pineapple
Applesauce	Orange Juice	Fzn Peach Cup	Orange Juice	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint
Lunch	Lunch	Lunch	Lunch	Lunch
Cheese Enchilada	Chicken Alfredo	Sweet & Sour Chicken	Chicken Sandwich	French Bread Pizza
	Penne	Side Brown Rice		
Pinto Beans (3/4 cup)	Green Beans (3/4 cup)	Carrots (3/4 cup)	Potato Wedges (3/4 cup)	Side Salad w Ranch
IW Grapes	IW Apple Slices	IW Pineapple	Banana	IW Pineapple
Applesauce	Fzn Strawberry Cup	Fzn Peach Cup	Fzn Strawberry Cup	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint

20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mini Maple Pancakes	Breakfast Sandwich (Bagel-Egg-Cheese)	Strawberry Oatmeal Bar	Snackin' Blueberry Waffle	Bread, Lemon Poppyseed
		Harcooked Egg		Yogurt Cup, Straw/Banana
IW Grapes	IW Apple Slices	IW Cantaloupe	Banana	IW Cantaloupe
Applesauce	Orange Juice	Fzn Peach Cup	Orange Juice	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint
Lunch	Lunch	Lunch	Lunch	Lunch
Beef Cheeseburger	Meatballs & Red Sauce	Turkey Sausage w/Pancakes	Hot Dog (packed w bun)	Honey Chipotle Fish Filet
	Penne			Yellow Mac N' Cheese
Potato Wedge (3/4 cup)	Carrots (3/4 cup)	Breakfast Potatoes (3/4 cup)	Baked Beans (3/4 cup)	Side Salad w Ranch
IW Grapes	IW Apple Slices	IW Cantaloupe	Banana	IW Cantaloupe
Applesauce	Fzn Strawberry Cup	Fzn Peach Cup	Fzn Strawberry Cup	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint

27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mini Maple Pancakes	Apple Oatmeal Bar	Breakfast Burrito	Brekkie	Snackin' Cinnamon Waffle
	Marble Cheese Stick			
IW Grapes	IW Apple Slices	IW Honeydew	Banana	IW Honeydew
Applesauce	Orange Juice	Fzn Peach Cup	Orange Juice	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Burrito	Turkey Cheeseburger	Chicken Alfredo	Herb Chicken Drumstick	French Bread Pizza
Bean & Cheese Burrito		Penne	w/Brown Rice	
Black Beans (3/4 cup)	Diced Sweet Potato (3/4 cup)	Green Beans (3/4 cup)	Corn (3/4 cup)	Side Salad w Ranch
IW Grapes	IW Apple Slices	IW Honeydew	Banana	IW Honeydew
Applesauce	Fzn Strawberry Cup	Fzn Peach Cup	Fzn Strawberry Cup	Fzn Mixed Berry Cup
Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint	Milk: 1% or Skim 1/2 Pint