

EXPANDED MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Suqaar with Vegetable Rice</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>2 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce ^v</p> <p><u>Grill</u> Sloppy Joe Tater Tots</p> <p><u>Sides</u> Green Beans Applesauce Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>3 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> Mixed Vegetables Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>4 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Chow Mein Chow Mein Noodles Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Baked Fries</p> <p><u>Sides</u> Peach Cup Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Enchilada Bake</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Corn Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p>8 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Catfish Tenders Macaroni & Cheese ^v Mixed Greens</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Chocolate Cake Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>9 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Scallions, Peas & Cilantro or Ravioli Garlic Bread</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>10 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni ^v</p> <p><u>Grill</u> Buffalo Chicken Sandwich Steak Fries</p> <p><u>Sides</u> Corn Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>11 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish</p> <p><u>Grill</u> Chicken Patty Sandwich Tater Tots</p> <p><u>Sides</u> Green Beans Fruit Salad Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Hamburger or Cheeseburger Sweet Potato Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

MENU KEY

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** Meatless item
- L** Locally grown

Allergy Notice: Products have been made at the District's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts, flaxseed and other ingredients are used. For more ingredient information, visit ns.spps.org or call Mari Lowry, Quality Control Specialist at 651-603-4956.



Visit ns.spps.org to discover a wealth of information

Does your child have a favorite lunch that you would like to make at home? Our most popular menu items are posted online. Home and commercial-sized versions of each recipe are available along with nutritional information. Check back often as we are always adding new favorites.

Do you have a question for your school's cafeteria supervisor? It's easy to find contact information at ns.spps.org. There is a complete list of cafeteria supervisors along with their direct line or extension and the schools' breakfast and lunch service times. The best time to call the supervisor is between breakfast and lunch.

Start your day right with homemade breakfast breads

Did you know that our breakfast breads are made in our Nutrition Center? They contain at least 51 percent whole wheat flour and average two grams of fiber per serving. No matter the flavor—banana, apple, apple-cherry, lemon or pumpkin—our breads are a delicious and wholesome way to start your day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 NO SCHOOL	16 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Italian Dunkers with Marinara Sauce √ <u>Grill</u> Sloppy Joe Baked Fries <u>Sides</u> Green Beans Pears Fresh Veggies/Salad Greens Whole Wheat French Bread	17 <u>Breakfast Special</u> Egg & Cheese Tortilla <u>Real Deal</u> Chili & Cheesebread <u>Grill</u> Hamburger or Cheeseburger Steak Fries <u>Sides</u> Mixed Vegetables Strawberry Cup Fresh Veggies/Salad Greens Whole Wheat French Bread	18 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Egg Roll and Fried Rice <u>Grill</u> Chicken Patty Sandwich Baked Fries <u>Sides</u> Broccoli Pineapple Tidbits Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	19 <u>Breakfast Special</u> Cheese Omelet & Toast <u>Real Deal</u> Grilled Cheese Sandwich √ Tomato Soup √ <u>Grill</u> Fish Sandwich or Smoked Turkey & Cheese Hoagie Baked Fries <u>Sides</u> Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread
22 <u>Breakfast Special</u> English Muffin Sandwich <u>Real Deal</u> ^ Thai Peanut Chicken with Noodles <u>Grill</u> Chicken Nuggets Potato Triangle <u>Sides</u> Broccoli Mandarin Oranges Fresh Veggies Salad Greens Whole Wheat French Bread	23 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Rotisserie Chicken Mashed Potatoes <u>Grill</u> School Choice Baked Fries <u>Sides</u> Mixed Greens Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread	24 <u>Breakfast Special</u> Egg & Cheese Tortilla <u>Real Deal</u> Nachos St. Paul Refried Beans √ Brown Rice <u>Grill</u> Hamburger or Cheeseburger Steak Fries <u>Sides</u> Corn Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	25 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Meatloaf Mashed Potatoes & Gravy <u>Grill</u> Chicken Patty Sandwich Tater Tots <u>Sides</u> Green Beans Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	26 <u>Breakfast Special</u> Cheese Omelet & Toast <u>Real Deal</u> Teriyaki Chicken & Edamame <u>Grill</u> Grilled Cheese Sandwich Baked Fries <u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread

PAYMENT INFORMATION

Visit our online payment provider, PayPams, where you can make a payment, check meal account balances and sign up for recurring payments. Go to <http://www.paypams.com> to register. Note: balances are delayed by 24 hours.

Saint Paul Public School Menu Prices:

	Lunch	Breakfast	Extra Milk
Elementary	\$1.75	\$0.65 (or no cost at some schools)	\$0.50
Secondary	\$2.00	\$0.70 (or no cost at some schools)	\$0.50
Reduced-price	\$0.40	No cost	\$0.50
Adult	\$3.50	\$2.00	\$0.50

CONTACT US

Web Site: ns.spps.org Office: 651-603-4950

MISSION STATEMENT

We create and serve foods that students get excited about! Our "healthy hits" are served with respect by a caring staff effectively managing resources.

BREAKFAST

Daily Choices Include:

Milk, Graham Crackers, Yogurt, Whole Grain Cereal, 100% Fruit Juice, Fresh Fruit

Additional Daily Choices Include:

Homemade Breakfast Breads, Cinnamon Toast, Sausage Biscuit P

LUNCH

Available Each Day:

Jelly and peanut butter

Milk (skim, 1%, chocolate skim, strawberry skim, lactose-reduced)

Fresh Veggies May Include:

Baby Carrots, Celery, Cucumbers, Grape Tomatoes, Jicama, Peas, Red Onions, Zucchini

Pizza is offered each day with a choice of sides.

Pizza choices may include:

Hawaiian √, Cheese √, Veggie √, Beef Pepperoni, Beef Sausage



2010 Board of Education Elona Street-Stewart, Chair • John Brodrick, Vice Chair • Keith Hardy, Clerk
 Jean O'Connell, Treasurer • Anne Carroll, Director • Kazoua Kong-Thao, Director • Vallay Varro, Director
Superintendent Valeria Silva

Saint Paul Public Schools is an equal opportunity provider.