

OCTOBER

2008

MENU

MONDAY

Looking for meal account and payment information?

Visit our online payment provider, PayPams, where you can make a payment, check meal account balances, sign up for recurring payments and much more!

Go to <http://www.paypams.com> to register.

Note: balances are delayed by 24 hours.

Our Web site: www.sppscafe.org

Our Office: (651) 603-4950

Employment: (651) 767-8200

Saint Paul Public School Menu Prices:

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL
Cinnamon Swirl French Toast & Canadian-Style Smoked Turkey

GRILL
Hamburger or Cheeseburger
Steak Fries

SIDES
Orange Wedges
Corn
100% Fruit Juice
Fresh Veggies/Salad Greens
Whole Wheat French Bread

2 BREAKFAST SPECIAL
Cheesebread

REAL DEAL
Chili or Vegetarian Chili^V & Cheesebread^V

GRILL
Chicken Nuggets
Tater Tots

SIDES
Banana
Green Beans
Fresh Veggies/Salad Greens
Whole Wheat French Bread

3 BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL
Fish Filet
Macaroni & Cheese^V

GRILL
Beef Ribique Sandwich
Baked Fries

SIDES
Pears
Corn
Fresh Veggies/Salad Greens
Whole Wheat French Bread

Breakfast Fact: Students who eat breakfast regularly are better able to concentrate and they score higher on tests.

6 BREAKFAST SPECIAL
Cheesebread

REAL DEAL
Soft Shell Taco, Brown Rice, Refried Beans^V & Fixings

GRILL
Buffalo Chicken Sandwich
Baked Fries

SIDES
Mixed Fruit
Corn
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

7 BREAKFAST SPECIAL
Cheese Omelet/Toast

REAL DEAL
Chicken Nuggets and Mashed Potatoes & Gravy

GRILL
Hamburger or Cheeseburger
Sweet Potato Fries

SIDES
Applesauce
Mixed Vegetables
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

8 BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL
Tater Tot Hot Dish

GRILL
Lite Turkey Corn Dog
Steak Fries

SIDES
Banana
Broccoli
Fresh Veggies/Salad Greens
Whole Wheat French Bread

9 BREAKFAST SPECIAL
Cheesebread

REAL DEAL
Italian DUNKERS with Marinara Sauce^V

GRILL
Hamburger or Cheeseburger
Tater Tots

SIDES
Pineapple
Peas
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

10 BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL
Meatloaf and Mashed Potatoes & Gravy

GRILL
Turkey Hot Dog (2)
Potato Triangle

SIDES
Pears
Carrots
Fresh Veggies/Salad Greens
Whole Wheat French Bread

Breakfast Fact: Students who eat breakfast regularly have fewer stomach aches and headaches at school.

BREAKFAST

Join us for a delicious breakfast!
It only takes a few minutes and it's a great start to your day.

Daily choices include:

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

Additional daily choices may include:

- Homemade Breakfast Breads • Cinnamon Toast
- Whole Wheat Muffins and Danish • Sausage Biscuit^P

Milk (skim, 1%, chocolate skim, strawberry skim, or lactose-reduced) offered with each breakfast and lunch

LUNCH

* Jelly and peanut butter available each day

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



Allergy Notice: Products have been made at the district's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

^PContains Pork ^VMeatless item [^]Contains nuts or peanut butter



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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

13 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL
Enchilada Bake
with Brown Rice & Fixings

GRILL
Chicken Patty Sandwich
Baked Fries

SIDES
Applesauce
Corn
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

14 **BREAKFAST SPECIAL**
Cheese Omelet/Toast

REAL DEAL
Sesame Chicken
and Brown Rice

GRILL
Hamburger or Cheeseburger
Steak Fries

SIDES
Mandarin Oranges
Green Beans
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

15 **BREAKFAST SPECIAL**
Egg & Cheese Tortilla

REAL DEAL
Egg Roll
Fried Rice

GRILL
Chicken Nuggets
Tater Tots

SIDES
Peaches
School Choice Vegetable
Fresh Veggies/Salad Greens
Whole Wheat French Bread

16 NO SCHOOL

17 NO SCHOOL

**IN A HURRY AT HOME?
EAT BREAKFAST AT SCHOOL.**

Breakfast is so important that it is priced right — **free** at most schools for all students! If your school doesn't have free breakfast for all, check out the great pricing on the front page.

Breakfast comes with milk, fruit and juice every day.

20 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL
^Thai Peanut Chicken
with Noodles & Fixings

GRILL
Hamburger or Cheeseburger
Potato Triangle

SIDES
Applesauce
Broccoli
Fresh Veggies/Salad Greens
Whole Wheat French Bread

21 **BREAKFAST SPECIAL**
Cheese Omelet/Toast

REAL DEAL
Chicken Fajita, Brown Rice
and Refried Beans^V

GRILL
Grilled Cheese Sandwich^V
Tater Tots

SIDES
Pears
Corn
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

22 **BREAKFAST SPECIAL**
Egg & Cheese Tortilla

REAL DEAL
Italian Lasagna or
Southwestern Lasagna^V
& Garlic Bread

GRILL
Chicken Patty Sandwich
Steak Fries

SIDES
Fresh Strawberries
Green Beans
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

23 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL
^Peanut Butter & Jelly
Sandwich and Strawberry
Yogurt Parfait^V

GRILL
Turkey Hot Dog (2)
Baked Fries

SIDES
Pineapple Tidbits
Corn
Fresh Veggies/Salad Greens
Whole Wheat French Bread

24 **BREAKFAST SPECIAL**
Bagel Sandwich

REAL DEAL
Grilled Cheese Sandwich^V
and Tomato Soup^V

GRILL
Hamburger or Cheeseburger
Tater Tots

SIDES
Mixed Fruit
Peas
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

What do you think of our new Breakfast Breads? Go to www.sppscsf.org and click on "You're the Critic" to take a survey.

27 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL
Chicken Breast Patty
with Marinara Sauce and
Baked Rigatoni^V

GRILL
Lite Turkey Corn Dog
Baked Fries

SIDES
Peaches
Peas
Fresh Veggies/Salad Greens
Whole Wheat French Bread

28 **BREAKFAST SPECIAL**
Cheese Omelet/Toast

REAL DEAL
Rotisserie Chicken with
Mashed Potatoes and
Mixed Greens

GRILL
Sloppy Joe
Potato Triangle

SIDES
Applesauce
Fresh Veggies/Tossed Salad
Whole Wheat French Bread

29 **BREAKFAST SPECIAL**
Egg & Cheese Tortilla

**EARLY
RELEASE DAY**

CHOICES
Chicken Patty Sandwich and
Steak Fries
Pizza

SIDES
Banana
Corn
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

30 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL
Chicken Rice Bowl
& Fixings

GRILL
Hamburger or Cheeseburger
Roasted Rosemary Potatoes

SIDES
Mandarin Oranges
Broccoli and Carrots
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

31 **BREAKFAST SPECIAL**
Bagel Sandwich

REAL DEAL
Chicken Nuggets with
Mashed Potatoes & Gravy

GRILL
Turkey Hot Dog (2)
Baked Fries

Honeycrisp Apples

SIDES
Corn
Fresh Veggie/Salad Greens
Whole Wheat French Bread

Honeycrisp Apples on October 31st: Minnesota's State Fruit

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2008 Board of Education: Kazoua Kong-Thao, Chair; Elona Street-Stewart, Vice-Chair; Tom Conlon, Clerk; Tom Goldstein, Treasurer; Anne Carroll, Director; John Brodrick, Director; Keith Hardy, Director • Meria Joel Carstarphen, Ed. D., Superintendent