



HIGH SCHOOL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce ^v Green Beans</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Applesauce Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>2 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p>EARLY RELEASE DAY</p> <p><u>Choices</u> Chicken Patty Sandwich and Baked Fries School Choice</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>3 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v Brown Rice Corn</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>4 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Rotisserie Chicken Mashed Potatoes, Cornbread Baked Squash</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
	Build & Go: Pasta Bar (Choice of pasta and sauces)			
<p>7 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> [^] Thai Peanut Chicken with Noodles Broccoli</p> <p><u>Grill</u> Chicken Nuggets Baked Fries</p> <p><u>Sides</u> Mandarin Oranges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Sloppy Joe Steak Fries</p> <p><u>Sides</u> Roasted Harvest Vegetables Pineapple Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>9 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Egg Roll and Fried Rice Broccoli</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>10 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Meatloaf Garlic Mashed Potatoes Green Beans</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>11 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Teriyaki Chicken & Edamame</p> <p><u>Grill</u> Grilled Cheese Sandwich ^v Baked Fries</p> <p><u>Sides</u> Peach Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Sandwich Bar (Build your own with fixings)				
<p>14 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Rotini Hot Dish Garlic Bread Corn</p> <p><u>Grill</u> School Choice Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>15 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chili & Cheesebread Mixed Vegetables</p> <p><u>Grill</u> Lite Turkey Corn Dog Roasted Red Potatoes</p> <p><u>Sides</u> Strawberry Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>16 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Italian Lasagna Garlic Bread</p> <p><u>Grill</u> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>17 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken & Gravy, Mashed Potatoes, Sage Dressing, Green Beans, Fresh Cranberry Sauce, Harvest Bar</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>18 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Fish Filet Macaroni & Cheese ^v Peas</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Rice Bowl Bar (Build your own with fixings)				

Menu subject to change due to availability of food.

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

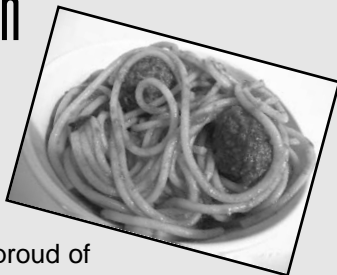
MENU KEY

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Suqaar with Vegetable Rice</p> <p><u>Grill</u> Grilled Cheese Sandwich V Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>22 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Spaghetti & Meatballs Garlic Bread</p> <p>NEW!</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>NO SCHOOL</p>	<p>25</p> <p>NO SCHOOL</p>
<p>Build & Go: Pizza Bar (Variety of pizzas and toppings)</p>				
28	29	30	31	
<p>NO SCHOOL</p>				

Healthy Hits Keep It Fresh

Saint Paul's Healthy Hits team has been working hard to keep our menu fresh and fun! Prior to rolling out new items, we research food trends, analyze nutritional values, compare costs, and conduct taste tests. We're proud of our successes, like Chicken Rice Bowl and Enchilada Bake, and we learn a lot from our flops. Enjoy this month's new entree, Spaghetti & Meatballs, and tell us what you think!



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 Adult	\$0.40 \$3.50	No cost \$2.00	\$0.50 \$0.50

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

GRILL

Each day a different Grill Feature is offered along with: Chicken Patty Sandwich • Hamburger • Cheeseburger
Featured Potato • Fruit • Veggie Choices

GOOD TO GO

Create Your Own: choose 1 main, add 3 sides plus Milk OR choose 2 mains, add 2 sides plus Milk

Mains may include: Specialty Sandwiches and Wraps
Fresh Salads • Featured Soups
Sides: Fresh Fruit and Veggies

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

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.

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