



# HIGH SCHOOL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <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 <sup>v</sup> Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>2</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish Green Beans</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Fruit Salad Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>3</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chili &amp; Cheesebread Mixed Vegetables</p> <p><u>Grill</u> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>4</b> <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 Steak Fries</p> <p><u>Sides</u> Peach Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>5</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> Enchilada Bake Spanish Rice Corn</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Pizza Bar (Variety of pizzas and toppings)				
<p><b>8</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Catfish Tenders Macaroni &amp; Cheese <sup>v</sup> Mixed Greens</p> <p><u>Grill</u> Smoked Turkey &amp; Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Chocolate Cake Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>9</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Fixings or Ravioli Garlic Bread</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>10</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni <sup>v</sup> Corn</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><b>11</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce <sup>v</sup> 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><b>12</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Fish Sandwich Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Taco Bar (Build your own with fixings)				

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](http://ns.spps.org) or call Mari Lowry, Quality Control Specialist at 651-603-4956.

## Visit [ns.spps.org](http://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](http://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
<b>15</b>  <b>NO SCHOOL</b>	<b>16</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Rotisserie Chicken Mashed Potatoes Mixed Greens  <u>Grill</u> School Choice Steak Fries  <u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>17</b> <u>Breakfast Special</u> Egg & Cheese Tortilla  <u>Real Deal</u> Chili & Cheesebread Mixed Vegetables  <u>Grill</u> Grilled Cheese Sandwich <sup>∇</sup> Baked Fries  <u>Sides</u> Strawberry Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>18</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Nachos St. Paul Refried Beans <sup>∇</sup> Brown Rice Corn  <u>Grill</u> Chicken Nuggets Steak Fries  <u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>19</b> <u>Breakfast Special</u> Cheese Omelet & Toast  <u>Real Deal</u> Grilled Cheese Sandwich <sup>∇</sup> Tomato Soup <sup>∇</sup> Peas  <u>Grill</u> Fish Sandwich with Cheese Baked Fries  <u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread
Build & Go: Pasta Bar (Choice of pasta and sauces)				
<b>22</b> <u>Breakfast Special</u> English Muffin Sandwich  <u>Real Deal</u> <sup>^</sup> Thai Peanut Chicken with Noodles Broccoli  <u>Grill</u> Chicken Nuggets Baked Fries  <u>Sides</u> Mandarin Oranges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>23</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Italian Dunks with Marinara Sauce <sup>∇</sup> Green Beans  <u>Grill</u> Sloppy Joe Steak Fries  <u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>24</b> <u>Breakfast Special</u> Egg & Cheese Tortilla  <u>Real Deal</u> Egg Roll and Fried Rice Broccoli  <u>Grill</u> Turkey Hot Dog (2) Baked Fries  <u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>25</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Meatloaf Garlic Mashed Potatoes Green Beans  <u>Grill</u> Beef Ribique Sandwich Steak Fries  <u>Sides</u> Pineapple Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>26</b> <u>Breakfast Special</u> Cheese Omelet & Toast  <u>Real Deal</u> Teriyaki Chicken & Edamame  <u>Grill</u> Grilled Cheese Sandwich <sup>∇</sup> Baked Fries  <u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread
Build & Go: Sandwich Bar (Build your own with fixings)				

## 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

## 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](http://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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