

SEPTEMBER

MENU

2008

MONDAY

1
HOLIDAY



TUESDAY

2
BREAKFAST SPECIAL
Cheesebread

REAL DEAL

Rotini Hot Dish
Garlic Bread
Mixed Vegetables

GRILL FEATURE

School Choice
Steak Fries

SIDES

Peaches
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

WEDNESDAY

3
BREAKFAST SPECIAL
Cheese Omelet/Toast

REAL DEAL

Tater Tot Hot Dish
Green Beans

GRILL FEATURE

Buffalo Chicken Sandwich
Baked Fries

SIDES

Fruit Salad
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

THURSDAY

4
BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL

Chicken Chow Mein
Chow Mein Noodles
Rice

GRILL FEATURE

Beef Ribique
Steak Fries

SIDES

Banana
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

FRIDAY

5
BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL

Enchilada Bake
Spanish Rice

Corn on the Cob

GRILL FEATURE

Fish Sandwich with Cheese
Baked Fries

SIDES

Orange Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Pizza Bar (variety of pizzas and toppings)

Corn on the Cob on September 5th: A Minnesota-grown favorite

8
BREAKFAST SPECIAL
Cheesebread

REAL DEAL

Chicken Stew
Biscuit

GRILL FEATURE

Lite Turkey Corn Dog
Baked Fries

SIDES

Apple Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

9
BREAKFAST SPECIAL
Cheese Omelet/Toast

REAL DEAL

Meatloaf
Garlic Mashed Potatoes
Green Beans

GRILL FEATURE

Chicken Nuggets
Steak Fries

SIDES

Pears
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

10
BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL

Chicken Breast Patty
with Marinara Sauce
Baked Riangtoni^v
Corn

GRILL FEATURE

Turkey Hot Dog (2)
Baked Fries

SIDES

Banana
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

11
BREAKFAST SPECIAL
Cheesebread

REAL DEAL

Nachos St. Paul
Refried Beans^v
Corn

GRILL FEATURE

Beef Ribique Sandwich
Steak Fries

SIDES

Mixed Fruit
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

12
BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL

Grilled Cheese Sandwich^v
Tomato Soup^v

GRILL FEATURE

Sloppy Joe
Baked Fries

SIDES

Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Taco Bar (build your own with fixings)

Watermelon on September 12th: An end of summer treat

BREAKFAST

Join us for a delicious breakfast!

Daily choices include:

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

Additional daily choices may include:

- Homemade Breakfast Breads
 - Cinnamon Toast
- Whole Wheat Muffins and Danish
- 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 main, 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 or Lactose-Reduced)
offered with each breakfast and lunch

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



HIGH SCHOOL MENU

SEPTEMBER 2008

MONDAY

15 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL

^Thai Peanut Chicken with Noodles
Broccoli

GRILL FEATURE

Chicken Nuggets
Baked Fries

SIDES

Peaches
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

TUESDAY

16 **BREAKFAST SPECIAL**
Cheese Omelet

REAL DEAL

Rotisserie Chicken
Mashed Potatoes, Cornbread and **Mixed Greens**

GRILL FEATURE

School Choice
Steak Fries

SIDES

Orange Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

WEDNESDAY

17 **BREAKFAST SPECIAL**
Egg & Cheese Tortilla

REAL DEAL

Chili or Vegetarian Chili^v & Cheesebread

GRILL FEATURE

Buffalo Chicken Sandwich
Baked Fries

SIDES

Apple Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

THURSDAY

18 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL

Egg Roll and Fried Rice
Broccoli

GRILL FEATURE

Turkey Hot Dog (2)
Steak Fries

SIDES

Orange Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

FRIDAY

19 **BREAKFAST SPECIAL**
Bagel Sandwich

REAL DEAL

BBQ Chicken Sandwich
Chicken Vegetable
Rotini Soup

GRILL FEATURE

Fish Sandwich with Cheese
Baked Fries

SIDES

Mixed Fruit
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Pasta Bar (choice of pasta and sauces)

Mixed Greens on September 16: New vegetarian recipe!

22 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL

Chicken Fajita with Fixings
Refried Beans^v
Herbed Corn & Couscous

GRILL FEATURE

Smoked Turkey & Cheese Hoagie
Baked Fries

SIDES

Peaches
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

23 **BREAKFAST SPECIAL**
Cheese Omelet

REAL DEAL

Italian Dunkers with Marinara Sauce^v

GRILL FEATURE

Lite Turkey Corn Dog
Steak Fries

SIDES

Pears
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

24 **BREAKFAST SPECIAL**
Egg & Cheese Tortilla

EARLY RELEASE DAY

GRILL FEATURE

Chicken Patty Sandwich
Baked Fries

SIDES *Corn and Barley Ensalada*

Banana
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

25 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL

Nachos St. Paul
Refried Beans^v
Brown Rice
Corn

GRILL FEATURE

Chicken Nuggets
Steak Fries

SIDES

Apple Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

26 **BREAKFAST SPECIAL**
Bagel Sandwich

REAL DEAL

Rodeo Beef & Beans
Green Chili Cornbread

GRILL FEATURE

Grilled Cheese Sandwich^v
Baked Fries

SIDES

Mixed Fruit
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Sandwich Bar (build your own with fixings)

Corn and Barley Ensalada on Sept. 24th: Our Grains Contest winner!

29 **BREAKFAST SPECIAL**
Cheesebread

REAL DEAL

Rotini Hot Dish
Garlic Bread
Corn

GRILL FEATURE

School Choice
Baked Fries

SIDES

Apple Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

30 **BREAKFAST SPECIAL**
Cheese Omelet

REAL DEAL

Chicken & Gravy
Mashed Potatoes
Sweet Potato Casserole

GRILL FEATURE

Lite Turkey Corn Dog
Steak Fries

SIDES

Peaches
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Rice Bowl Bar (build your own with fixings)

Looking for meal account and payment information?

Visit our new 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

Menu subject to change due to availability of food.

Our menus meet or exceed USDA nutrition standards. Detailed nutrition information can be found at www.sppscafe.org

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

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