

APRIL 2010

NUTRITION SERVICES  
SAINT PAUL PUBLIC SCHOOLS



# REGULAR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
<b>NO SCHOOL</b>				
<p><b>5</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Lunch</u> Lite Turkey Corn Dog Steak Fries Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>6</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Breast Patty with Marinara Baked Rigatoni <sup>▼</sup> Garlic Bread Pineapple Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>7</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Cheese <sup>▼</sup> or Hawaiian Pizza Corn Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>8</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Stew Mashed Potatoes Cornbread Green Beans Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>9</b></p> <p><b>NO SCHOOL</b></p>
<p><b>12</b> <u>Breakfast Special</u> Sausage Biscuit <sup>P</sup></p> <p><u>Lunch</u> Chili and Cheesebread Corn Applesauce Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>13</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Hamburger Tater Tots Watermelon Onion &amp; Pickles Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>14</b> <u>Breakfast Special</u> Pumpkin Bread</p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce <sup>▼</sup> Peas Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>15</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Meatloaf Mashed Potatoes &amp; Gravy Green Beans Peach Cup Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>16</b> <u>Breakfast Special</u> Energy Bar</p> <p><u>Lunch</u> Rotini Hot Dish Garlic Bread Corn Pears Fresh Veggies 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
- ▼** Meatless item
- ♣** 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>19</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Chicken Nuggets Broccoli &amp; Cheese Sauce Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>20</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef Barley Soup and Cheese Stick Focaccia Bread Chocolate Chip Cookie Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>21</b> <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Chicken or Vegetarian Fajita Refried Beans ▼ Brown Rice Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>22</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Louisiana-Style Red Beans &amp; Rice Cornbread Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>23</b> <u>Breakfast Special</u> Apple Cinnamon Bread</p> <p><u>Lunch</u> Enchilada Bake Corn, Brown Rice Peaches Sour Cream, Shredded Salad Greens, Tomato &amp; Onion Whole Wheat French Bread</p>
<p><b>26</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Lunch</u> Pasta with Meatsauce Garlic Bread Mixed Vegetables Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>27</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Teriyaki Chicken &amp; Edamame Broccoli Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>28</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread <b>EARLY RELEASE DAY</b> <u>Lunch</u> Chicken Patty Sandwich Mixed Vegetables Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>29</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Tater Tot Hot Dish Green Beans Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>30</b> <u>Breakfast Special</u> Lemon Poppyseed Bread</p> <p><u>Lunch</u> Macaroni &amp; Cheese ▼ Fish Sandwich Peas Strawberry Cup Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

**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 [www.paypams.com](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.

**BREAKFAST**

**Available Each Day:**

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

**LUNCH**

**Available Each Day:**

Alternate Entrees:  
Salad Choices • Sub Sandwich  
Milk (Skim, 1%, chocolate skim, lactose-reduced)

**Fresh Veggies May Include:**

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



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Saint Paul Public Schools is an equal opportunity provider.