



REGULAR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> Tater Tot Hot Dish Peas Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread	2 <u>Breakfast Special</u> Egg & Cheese Tortilla EARLY RELEASE DAY <u>Lunch</u> Chicken Patty Sandwich Mixed Vegetables Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	3 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> Teriyaki Chicken & Edamame Broccoli Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread	4 <u>Breakfast Special</u> Apple Cherry Cinnamon Bread <u>Lunch</u> Turkey Hot Dog Baked Beans 🍷 <u>Baked Squash</u> Pears Fresh Veggies Salad Greens Whole Wheat French Bread
	7 <u>Breakfast Special</u> Banana Chocolate Chip Bread <u>Lunch</u> Lite Turkey Corn Dog 🍷 <u>Roasted Harvest Vegetables</u> Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread	8 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> Chicken Rice Bowl Broccoli and Carrots Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread	9 <u>Breakfast Special</u> Cinnamon Toast Waffle with Apple Topping <u>Lunch</u> Beef or Vegetarian Soft Shell Taco Refried Beans 🍷 Corn, Brown Rice Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	10 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> Italian Lasagna Garlic Bread Green Beans Pears Fresh Veggies Salad Greens Whole Wheat French Bread

Menu subject to change due to availability of food.

MENU KEY

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** 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 and other ingredients are used.

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 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.

Classroom Connections

We're hanging up our hairnets and pulling out our reading glasses! This winter, Nutrition Services staff will jump start classroom conversations by reading colorful, engaging books about food and farming to elementary students.

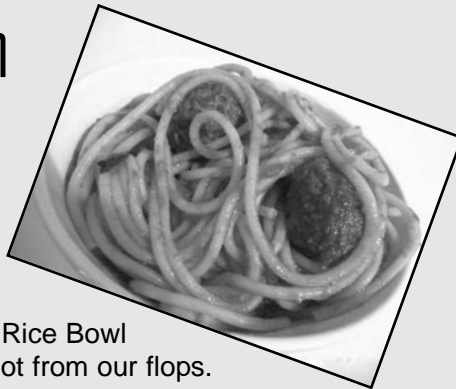
Discussion questions and classroom activities will be provided to teachers so that students can use math, science, and social studies to discover how food is grown, harvested and served to support healthy communities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14 <u>Breakfast Special</u> Sausage Biscuit P</p> <p><u>Lunch</u> Hmong Beef Fried Rice with Fixings or Ravioli Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>15 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Hamburger  Roasted Red Potatoes Strawberry Cup Onion & Pickles Shredded Salad Greens Whole Wheat French Bread</p>	<p>16 <u>Breakfast Special</u> Pumpkin Bread</p> <p><u>Lunch</u> Cheese or Veggie Pizza v Peas Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>17 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken and Gravy Mashed Potatoes Sage Dressing Green Beans  Fresh Cranberry Sauce Harvest Bar Whole Wheat French Bread</p>	<p>18 <u>Breakfast Special</u> Energy Bar</p> <p><u>Lunch</u> Enchilada Bake Corn, Brown Rice Peaches Sour Cream, Shredded Salad Greens, Tomato & Onion Whole Wheat French Bread</p>
<p>21 <u>Breakfast Special</u> English Muffin Sandwich</p> <p>NEW!  <u>Lunch</u> Spaghetti & Meatballs Garlic Bread Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>22 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Patty Sandwich Broccoli & Cheese Sauce Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>23 NO SCHOOL 24 NO SCHOOL 25 NO SCHOOL</p> <p style="text-align: center;">These Choice Bar vegetables will be locally sourced while the season lasts:  Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>		
<p>28 29 30 31</p> <p style="font-size: 2em; font-weight: bold;">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!



We've gone Bananas for Breakfast

Students told us they want bananas for breakfast more often and we are happy to oblige: research has shown that the potassium-packed fruit can assist learning by making pupils more alert. Starting this month, bananas will be offered two or three times a week at breakfast, including at those schools offering Breakfast to Go.

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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