



REGULAR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
NO SCHOOL				
<p>4 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Lunch</u> Chicken Nuggets with Honey BBQ Sauce Sweet Potato Fries Peaches Fresh Veggies Shredded Salad Greens</p>	<p>5 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Taco Salad Corn, Brown Rice Refried Beans Tortilla Chips Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Hamburger Roasted Red Potatoes Banana Shredded Salad Greens Onion & Pickles Whole Wheat French Bread</p>	<p>7 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Meatloaf Mashed Potatoes & Gravy Peas Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Sausage Biscuit P</p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce V Mixed Vegetables Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p>11 <u>Breakfast Special</u> Lemon Poppyseed Bread</p> <p><u>Lunch</u> Beef Barley Soup and Cheese Stick Focaccia Bread Strawberry Cup Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog Tater Tots Baked Beans Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>13 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Lunch</u> ^ Thai Peanut Chicken & Noodles Broccoli Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>14 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Cheese or Veggie Pizza V Green Beans Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>15 <u>Breakfast Special</u> Apple Cherry Cinnamon Bread</p> <p><u>Lunch</u> Cinnamon French Toast V and Scrambled Eggs Potato Triangle Apple Topping Fruit Choice 100% Fruit Juice Whole Wheat French Bread</p>

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.

Our Complete Meal is a Great Deal

Ever wonder how we serve so many colorful, yummy foods every day at such a low cost to students and their families? Teamwork! Our knowledgeable staff combines fresh, local ingredients with government commodity foods to prepare menus that meet or exceed our high standards for safety, nutrition, taste, and value. What a deal!



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>NO SCHOOL</p>	<p>19 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Lite Turkey Corn Dog Tater Tots Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Beef or Vegetarian Soft Shell Taco Corn, Brown Rice Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>21 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Breast Patty with Marinara Baked Rigatoni ▽ Garlic Bread Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>22 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Teriyaki Chicken & Edamame Broccoli Peach Cup Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p>25 <u>Breakfast Special</u> Sausage Biscuit P</p> <p><u>Lunch</u> Chili and Cheesebread Corn Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>26 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Hamburger Corn and Barley Ensalada Mixed Fruit Shredded Salad Greens Onion & Pickles Whole Wheat French Bread</p>	<p>27 <u>Breakfast Special</u> Pumpkin Bread</p> <p><u>Lunch</u> Rotisserie Chicken Mashed Potatoes & Gravy Mixed Greens Cornbread Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>28 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog Steak Fries Baked Beans Brownie Bite Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>29</p> <p>NO SCHOOL</p>

Has Your Family Experienced a Reduction in Income? Applying for Meal Benefits is Easy and Confidential.

Free or reduced-price school meals can help ease the financial strain many families are experiencing during this economic downturn. Families who receive Food Stamps, MFIP, WIC or FDPIR or who meet USDA income guidelines may be eligible for free or reduced-price school meals. Households of four with a weekly gross income of \$785 or less may qualify. To find out if you qualify or to request an application, make a confidential call to Nutrition Services at 651-603-4950.



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.



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