

OCTOBER

MENU

2008

MONDAY

MIXED GREENS RECIPE CHANGE

The popular Glory Foods® Mixed Greens are no longer available, so we've cooked up our own recipe. This vegetarian side dish uses a traditional spicy sauce created by Nutrition Center Chef Geoff Adams. Try them on October 2nd along with Chicken, Mashed Potatoes and Gravy.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 BREAKFAST SPECIAL
Egg & Cheese
Tortilla

ENTREES
Cinnamon Swirl French Toast & Canadian-Style Smoked Turkey
Salad Choices
Sub Sandwich

SIDES
Orange Wedges
Potato Triangle
Apple Topping
100% Fruit Juice
Whole Wheat French Bread

2 BREAKFAST SPECIAL
Cheesebread

ENTREES
Chicken and Gravy
Salad Choices
Sub Sandwich

Mixed Greens

SIDES
Mashed Potatoes
Harvest Bar
Fresh Veggies/Salad Greens
Whole Wheat French Bread

3 BREAKFAST SPECIAL
Pancakes with
Apple Topping

ENTREES
Cheese^v or Hawaiian Pizza
Salad Choices
Sub Sandwich

SIDES
Pears
Corn
Fresh Veggies/Salad Greens
Whole Wheat French Bread

Breakfast Fact: Students who eat breakfast regularly are better able to concentrate and they score higher on tests.

6 BREAKFAST SPECIAL
Sausage Biscuit^p

ENTREES
Soft Shell Taco
and Refried Beans^v
Salad Choices
Sub Sandwich

SIDES
Mixed Fruit
Corn
Brown Rice
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

7 BREAKFAST SPECIAL
Cheesebread

ENTREES
Hamburger
Salad Choices
Sub Sandwich

SIDES
Applesauce
Sweet Potato Fries
Lettuce, Tomato,
Onion & Pickles
Whole Wheat French Bread

8 BREAKFAST SPECIAL
Cinnamon Toast Waffle
w/Apple Topping

ENTREES
Chicken Patty Sandwich
Salad Choices
Sub Sandwich

SIDES
Banana
Steak Fries
Fresh Veggies
Shredded Lettuce
Whole Wheat French Bread

9 BREAKFAST SPECIAL
Cheesebread

ENTREES
Enchilada Bake
Salad Choices
Sub Sandwich

SIDES
Applesauce
Corn
Brown Rice
Sour Cream, Shredded
Lettuce, Tomato & Onion
Whole Wheat French Bread

10 BREAKFAST SPECIAL
Banana Chocolate
Chip Bread

ENTREES
Meatloaf
Salad Choices
Sub Sandwich

SIDES
Pears
Mashed Potatoes and Gravy
Carrots
Fresh Veggies/Salad Greens
Whole Wheat French Bread

Breakfast Fact: Students who eat breakfast regularly have fewer stomach aches and headaches at school.

13 BREAKFAST SPECIAL
Bagel Sandwich

ENTREES
Sloppy Joe
Salad Choices
Sub Sandwich

SIDES
Apple Wedges
Tater Tots
Fresh Veggies/Salad Greens
Whole Wheat French Bread

14 BREAKFAST SPECIAL
Cheesebread

ENTREES
Sesame Chicken
Salad Choices
Sub Sandwich

SIDES
Mandarin Oranges
Green Beans
Brown Rice
Fresh Veggies/Salad Greens
Whole Wheat French Bread

15 BREAKFAST SPECIAL
Pancakes with
Apple Topping

ENTREES
Italian Dunkers
with Marinara Sauce^v
Salad Choices
Sub Sandwich

SIDES
Grapes
Peas
Fresh Veggies/Salad Greens
Whole Wheat French Bread

16 NO SCHOOL

17 NO SCHOOL

SCHOOLS WITH FREE BREAKFAST

Achieve Academy	Franklin Music Magnet	Johnson Senior High
Agape	Frost Lake Magnet	Longfellow Magnet
American Indian Magnet	Galtier Magnet	Maxfield Magnet
Ames	Hancock Magnet	Mississippi Magnet
Arlington Senior High	Harding Senior High	Monroe
Battle Creek Magnet	Hayden Heights	Murray Junior High
Battle Creek Middle School	Hazel Park Middle School	Museum Magnet
Benjamin E. Mays Bridge View	Highland Park Junior High	North End
Bruce F. Vento	Highland Park Senior High	Open School
Cherokee Heights	Highwood Hills	Paul & Sheila Wellstone
Cleveland School	Humboldt Junior High	Phalen Lake
Community of Peace	High	Prosperity Heights
Como Park Elementary	Humboldt Senior High	Ramsey Junior High
Como Park Senior High	IA Leap	Riverview
Dayton's Bluff	Jackson Prep Magnet	Roosevelt
Eastern Heights	John A. Johnson	Sheridan
Farnsworth		Washington Middle School
		Webster Magnet
		World Cultures Magnet

Breakfast comes with milk and fruit (plus juice on Tuesdays and Thursdays).

IN A HURRY AT HOME? EAT BREAKFAST AT SCHOOL.

Breakfast is so important that it is priced right — *free* at most schools for all students! If your school doesn't have free breakfast for all, check out the great pricing on the back page.

REGULAR MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

20

BREAKFAST SPECIAL
Bagel Sandwich

ENTREES

Chicken Nuggets
Salad Choices
Sub Sandwich

SIDES

Apple Wedges
Broccoli & Cheese Sauce
Fresh Veggies/Salad Greens
Whole Wheat French Bread

21

BREAKFAST SPECIAL
Cheesebread

ENTREES

Chicken Fajita
with Refried Beans
Salad Choices
Sub Sandwich

SIDES

Pears
Brown Rice
Fresh Veggies/Salad Greens
Whole Wheat French Bread

22

BREAKFAST SPECIAL
Cheese Omelet and
Biscuit with Jelly

ENTREES

Italian Lasagna or
Southwestern Lasagna^v
Salad Choices
Sub Sandwich

SIDES

Fresh Strawberries
Green Beans
Fresh Veggies/Salad Greens
Whole Wheat French Bread

23

BREAKFAST SPECIAL
Cheesebread

ENTREES

[^]Peanut Butter & Jelly
Sandwich and Strawberry
Yogurt Parfait^v
Salad Choices
Sub Sandwich

SIDES

Banana
Fresh Veggies/Salad Greens
Whole Wheat French Bread

24

NO SCHOOL



What do you think of our new Sub Sandwiches? Go to www.sppscale.org and click on "You're the Critic" to take a survey.

27

BREAKFAST SPECIAL
Egg and Cheese
Tortilla

ENTREES

Chicken Breast Patty
with Marinara Sauce
Salad Choices
Sub Sandwich

SIDES

Peaches
Peas
Baked Rigatoni^v
Fresh Veggies/Salad Greens
Whole Wheat French Bread

28

BREAKFAST SPECIAL
Cheesebread

ENTREES

Turkey Hot Dog
Salad Choices
Sub Sandwich

SIDES

Applesauce
Roasted Rosemary Potatoes
Fresh Veggies/Salad Greens
Whole Wheat French Bread

29

BREAKFAST SPECIAL
Apple Cinnamon
Bread

ENTREES

Grilled Cheese Sandwich^v
Salad Choices
Sub Sandwich

SIDES

Banana
Tomato Soup^v
Fresh Veggies/Salad Greens
Whole Wheat French Bread

30

BREAKFAST SPECIAL
Cheesebread

ENTREES

Chicken Rice Bowl
Salad Choices
Sub Sandwich

SIDES

Broccoli and Carrots
Apple Crisp
Fresh Veggies/Salad Greens
Whole Wheat French Bread

31

BREAKFAST SPECIAL
Banana Chocolate
Chip Bread

ENTREES

Cheese or Veggie Pizza^v
Salad Choices
Sub Sandwich

SIDES

Corn
Fresh Veggies/Salad Greens
Whole Wheat French Bread

Honeycrisp Apples

Honeycrisp Apples on October 31st: Minnesota's State Fruit

Looking for meal account and payment information?

Visit our 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.sppscale.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.

BREAKFAST

Join us for a delicious breakfast!
It only takes a few minutes and it's a great start to your day.

The following are offered every day:

- Fresh Fruit (may include bananas, apples wedges, oranges wedges)
- Milk • Graham Crackers • Yogurt • Whole Grain Cereal

100% Fruit Juice is offered Tuesdays and Thursdays

LUNCH

Jelly available each day, peanut butter available upon request

Fresh veggies may include:

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

Milk (skim, 1%, chocolate skim, or lactose-reduced) offered with each breakfast and lunch

^PContains Pork [^]Contains nuts or peanut butter ^v Meatless item • **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.

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