



# REGULAR MENU

## Year-Round Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Pasta with Italian Meatsauce Garlic Bread Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>2</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Patty Sandwich Broccoli Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>3</b> <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Chicken or Vegetarian Fajita Refried Beans <sup>v</sup> Brown Rice Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>4</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Cheese or Veggie Pizza <sup>v</sup> Green Beans Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>5</b> <u>Breakfast Special</u> Apple Cherry Cinnamon Bread</p> <p><u>Lunch</u> Enchilada Bake Brown Rice Corn Pears Sour Cream, Shredded Salad Greens, Tomato &amp; Onion Whole Wheat French Bread</p>
<p><b>8</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Lunch</u> Catfish Tenders Macaroni &amp; Cheese <sup>v</sup> Mixed Greens Chocolate Cake Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>9</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Taco Salad Refried Beans <sup>v</sup> Corn, Brown Rice Tortilla Chips Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>10</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce <sup>v</sup> Mixed Vegetables Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>11</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Meatloaf Mashed Potatoes &amp; Gravy Peas Peach Cup Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>12</b> <u>Breakfast Special</u> Belgian Waffle with Cherries &amp; Whipped Topping</p> <p><u>Lunch</u> Hamburger Tater Tots Pears Shredded Salad Greens Onion &amp; Pickles Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

### MENU KEY

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** Meatless item
- L** 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.

Visit [ns.spps.org](http://ns.spps.org) to discover a wealth of information



**Does your child have a favorite lunch that you would like to make at home?** Our most popular menu items are posted online. Home and commercial-sized versions of each recipe are available along with nutritional information. Check back often as we are always adding new favorites.

**Do you have a question for your school's cafeteria supervisor?** It's easy to find contact information at [ns.spps.org](http://ns.spps.org). There is a complete list of cafeteria supervisors along with their direct line or extension and the schools' breakfast and lunch service times. The best time to call the supervisor is between breakfast and lunch.

### 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><b>15</b></p> <p>NO SCHOOL</p>	<p><b>16</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Nuggets Mashed Potatoes &amp; Gravy Green Beans Applesauce Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>17</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Lunch</u> Cheese ▼ or Hawaiian Pizza Corn Strawberry Cup Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>18</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Sesame Chicken Brown Rice Broccoli Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>19</b> <u>Breakfast Special</u> Apple Cinnamon Bread</p> <p><u>Lunch</u> ^ PB&amp;J Bar ▼ Cherry Yogurt Parfait ▼ Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p><b>22</b></p> <p>NO SCHOOL</p>	<p><b>23</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Rice Bowl Broccoli &amp; Carrots Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>24</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Beef or Vegetarian Soft Shell Taco Refried Beans ▼ Corn, Brown Rice Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>25</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Rotini Hot Dish Garlic Bread Green Beans Applesauce Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>26</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Grilled Cheese Sandwich ▼ Tomato Soup ▼ Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>

## Fruit and vegetable snacks coming to a classroom near you

Fresh Fruit and Vegetable Program USDA grants have been awarded to 21 Saint Paul elementary schools. Students are served fresh fruits or vegetables as a snack each day. Mangos, rutabaga sticks, tangelos and kiwi are just some of the snacks served so far. The goal of the grant is to:

- \* Expand the variety of fruits and vegetables children experience
- \* Increase children's fruit and vegetable consumption
- \* Make a difference in children's diets to impact their present and future health



The fruit and vegetable snacks have been a hit with students. In the words of one second grader, "By the end of the school year I'm going to be the healthiest person I've ever met!"

Visit [ns.spps.org](http://ns.spps.org) to see a list of participating schools.

## Start your day right with homemade breakfast breads

Did you know that our breakfast breads are made in our Nutrition Center? They contain at least 51percent whole wheat flour and average two grams of fiber per serving. No matter the flavor—banana, apple, apple-cherry, lemon or pumpkin—our breads are a delicious and wholesome way to start your day!

## 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](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.



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