



EXPANDED MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> ^ Thai Peanut Chicken with Noodles</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Broccoli Mandarin Oranges Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>3 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v Brown Rice</p> <p><u>Grill</u> Buffalo Chicken Sandwich Steak Fries</p> <p><u>Sides</u> Corn Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>4 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p>EARLY RELEASE DAY</p> <p><u>Choices</u> Chicken Patty Sandwich and Baked Fries Pizza</p> <p><u>Sides</u> Strawberry Cup Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Meatloaf Mashed Potatoes & Gravy</p> <p><u>Grill</u> Chicken Patty Sandwich Tater Tots</p> <p><u>Sides</u> 🌿 Fresh Steamed Carrots Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Teriyaki Chicken & Edamame</p> <p><u>Grill</u> Hamburger or Cheeseburger Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p>9 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Taco Salad or Soft Shell Taco Refried Beans ^v, Brown Rice</p> <p><u>Grill</u> Fish Sandwich or Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Corn Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>10 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Chow Mein Chow Mein Noodles Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Baked Fries</p> <p><u>Sides</u> Pineapple Tidbits Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>11 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Italian Lasagna Garlic Bread</p> <p><u>Grill</u> Lite Turkey Corn Dog Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Rice Bowl & Fixings</p> <p><u>Grill</u> Chicken Patty Sandwich Roasted 🌿 Harvest Vegetables</p> <p><u>Sides</u> Broccoli and Carrots Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>13</p> <p>NO SCHOOL</p>
<p>16 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Sesame Chicken</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>17 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce ^v</p> <p><u>Grill</u> Sloppy Joe Tater Tots</p> <p><u>Sides</u> Green Beans Applesauce Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>18 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> 🌿 Baked Squash Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>19 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken & Gravy, Mashed Potatoes, Sage Dressing, Green Beans, 🌿 Fresh Cranberry Sauce, Sweet Potato Pie</p> <p><u>Grill</u> Grilled Cheese Sandwich Tater Tots</p> <p><u>Sides</u> Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Enchilada Bake</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Corn Pears Fresh Veggies Shredded 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
- 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.

These Choice Bar vegetables will be locally sourced while the season lasts:



- Cabbage (Shredded Salad Greens)
- Carrots • Cucumbers
- Onions • Peppers • Zucchini

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans ^v Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>24 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Scallions, Peas & Cilantro or Ravioli Garlic Bread</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>25 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v, Brown Rice</p> <p><u>Grill</u> Turkey Hot Dog (2) Roasted Red Potatoes</p> <p><u>Sides</u> Corn Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>26</p> <p>NO SCHOOL</p>	<p>27</p> <p>NO SCHOOL</p>
<p>30 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Grilled Cheese Sandwich ^v Tomato Soup ^v</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>Mix it up at Lunch Day!</p> <p>On November 10th, Saint Paul Schools will participate in National Mix it Up at Lunch Day. Mix it Up at Lunch is simple: take a new seat in the cafeteria. By moving to a place where students don't normally sit, they can begin to create a school environment that is less segregated by groups and cliques. Out for Equity is helping to facilitate Mix it Up at Lunch Day. For ideas about how your school can participate in this valuable day, visit www.mixitup.org or contact Out for Equity at 651-523-6322.</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 <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.

BREAKFAST

Daily Choices Include:

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

Additional Daily Choices Include:

Homemade Breakfast Breads, Cinnamon Toast, Sausage Biscuit **P**

LUNCH

Available Each Day:

Jelly and peanut butter
Milk (skim, 1%, chocolate skim, strawberry skim, lactose-reduced)

Fresh Veggies May Include:

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

Pizza is offered each day with a choice of sides.

Pizza choices may include:

Hawaiian ^v, Cheese ^v, Veggie ^v, Beef Pepperoni, Beef Sausage



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Saint Paul Public Schools is an equal opportunity provider.