


# EXPANDED MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>New This Month! Teriyaki Chicken &amp; Edamame</b></p> <p>Try this delicious dish of chicken, edamame, rice and veggies in teriyaki sauce on October 2. But what are edamame? Edamame (ED-A-MOM-MAY) are baby soy beans and look like large peas. They are delicious and good for you!</p> 			<p><b>1</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Meatloaf Mashed Potatoes &amp; Gravy</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Fresh Steamed Carrots Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p><b>2</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><b>NEW!</b> <u>Real Deal</u> Teriyaki Chicken &amp; Edamame</p> <p><u>Grill</u> Hamburger or Cheeseburger Baked Fries</p> <p><u>Sides</u> Watermelon Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p><b>5</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Taco Salad or Soft Shell Taco Refried Beans √, Brown Rice</p> <p><u>Grill</u> Fish Sandwich OR Smoked Turkey &amp; Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Corn Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>6</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken &amp; Gravy Mashed Potatoes</p> <p><u>Grill</u> Grilled Cheese Sandwich Tater Tots</p> <p><u>Sides</u> Autumn Vegetables Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p><b>7</b> <u>Breakfast Special</u> Egg &amp; 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><b>8</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Rice Bowl &amp; Fixings</p> <p><u>Grill</u> Chicken Patty Sandwich Roasted Red Potatoes</p> <p><u>Sides</u> Broccoli and Carrots Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>9</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> Fish Filet Macaroni &amp; Cheese √</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Peas Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>
<p><b>12</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Suqaar with Vegetable Rice</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><b>13</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce √</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><b>14</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chili &amp; Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> Mixed Vegetables Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p><b>15</b></p> <p>NO SCHOOL</p>	<p><b>16</b></p> <p>NO SCHOOL</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

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<p><b>19</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken &amp; Gravy Mashed Potatoes</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Peas Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>20</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Scallions, Peas &amp; 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><b>21</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</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 Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>22</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish</p> <p><u>Grill</u> Chicken Patty Sandwich Tater Tots</p> <p><u>Sides</u> 🍖 <b>Roasted Squash</b> Fruit Salad Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>23</b></p> <p>NO SCHOOL</p>
<p><b>26</b> <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><b>27</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce v</p> <p><u>Grill</u> Sloppy Joe Baked Fries</p> <p><u>Sides</u> Green Beans Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p><b>28</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chili &amp; Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> 🍌 <b>Fresh Steamed Carrots</b> Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p><b>29</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Egg Roll and Fried Rice</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Broccoli Pineapple Tidbits Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>30</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Fish Sandwich OR Smoked Turkey &amp; Cheese Hoagie Sweet Potato Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</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](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.

**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.