

EXPANDED MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
NO SCHOOL				
7	8	9	10	11
HOLIDAY	<p><u>Breakfast Special</u> Cheesebread</p> <p><u>Choices</u> Chicken Patty Sandwich and Tater Tots Pizza</p> <p><u>Sides</u> Green Beans Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili and 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><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 Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p><u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Enchilada Bake Corn on the Cob</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
	14	15	16	17
<p><u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken and 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><u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice OR Ravioli</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><u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni ▼ Corn on the Cob</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p><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> Green Beans Fruit Salad Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Grilled Cheese Sandwich ▼ Tomato Soup ▼</p> <p><u>Grill</u> Hamburger or Cheeseburger Sweet Potato Fries</p> <p><u>Sides</u> Cantaloupe Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

Breakfast to Go (B2G)

This fall, several schools will be offering students the opportunity to pick up a nutritious breakfast when they arrive at school and take it to their classroom to eat. Our bakery department has been hard at work creating grab-and-go breakfast and after school snacks for all schools.

Energy Bar—start your morning with a burst of energy from this granola-type breakfast bar.

Lemon Poppyseed Bread—just like what you can buy at a bakery, except ours is made with whole wheat flour.

Smart Breakfast Cookie—whole wheat flour, shredded carrots and oatmeal add up to a smart way to start your school day.

Pumpkin Bread—a delicious way to eat your vegetables!

To find out if your school offers B2G or to watch a short video about the program, go to our website at ns.spps.org.

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 or 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 **▼**, Cheese **▼**, Veggie **▼**, Beef Pepperoni, Beef Sausage

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 Breakfast Special 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>22 Breakfast Special 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>23 Breakfast Special Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili and Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> Mixed Vegetables Watermelon Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>24 Breakfast Special Cheesebread</p> <p><u>Real Deal</u> Egg Roll and Fried Rice Fresh Broccoli</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Pineapple Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>25 Breakfast Special Cheese Omelet & Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Veggie Rotini Soup</p> <p><u>Grill</u> Fish Sandwich or Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p>28 Breakfast Special 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>29 Breakfast Special Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> Corn Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>30 Breakfast Special Egg & Cheese Tortilla</p> <p>EARLY RELEASE DAY</p> <p><u>Choices</u> Chicken Patty Sandwich and Coleslaw Pizza</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>These Choice Bar vegetables will be locally sourced while the season lasts:</p> <p> Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>	

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.

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.

HOCUS FOCUS* Making Magic in the Kitchen

Saint Paul Public Schools are proud to be on the leading edge of a new trend toward offering more local, sustainable, farm-fresh foods. This fall, students will enjoy over eight foods that have been trucked in from Minnesota farms. Local corn on the cob, watermelon, broccoli, and coleslaw are featured on this month's menu. Enjoy!

* Learn more about FOCUS (Food Options for Children in Urban Schools), a W.K. Kellogg Foundation initiative, at ns.spps.org.



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