



HIGH SCHOOL 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 Broccoli</p> <p><u>Grill</u> Chicken Nuggets Baked Fries</p> <p><u>Sides</u> Mandarin Oranges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>3 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Rotisserie Chicken Mashed Potatoes, Cornbread and Mixed Greens</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or 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 School Choice</p> <p><u>Sides</u> Strawberry Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Meatloaf Garlic Mashed Potatoes</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> 🌱 Fresh Steamed Carrots Banana Fresh Veggies Shredded or 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> Grilled Cheese Sandwich v Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Sandwich Bar (Build your own with Fixings)				
<p>9 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Rotini Hot Dish Garlic Bread Corn</p> <p><u>Grill</u> School Choice Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or 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 Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Pineapple Fresh Veggies Shredded or 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> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans v Corn</p> <p><u>Grill</u> Chicken Nuggets Roasted 🌱 Harvest Vegetables</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p style="text-align: center; font-size: 2em;">NO SCHOOL</p>
Build & Go: Rice Bowl Bar (Build your own with Fixings)				
<p>16 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> School Choice</p> <p><u>Grill</u> Grilled Cheese Sandwich v Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>17 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunks with Marinara Sauce v Green Beans</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Applesauce Fresh Veggies Shredded or 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> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> 🌱 Baked Squash Banana Fresh Veggies Shredded or 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,</p> <p>🌱 Fresh Cranberry Sauce, Sweet Potato Pie</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Enchilada Bake Spanish Rice Corn</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Pizza Bar (Variety of Pizzas and Toppings)				

Menu subject to change due to availability of food.

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** Meatless item
- 🌱** Locally grown

MENU KEY

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.

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 Herbed Corn & Couscous</p> <p><u>Grill</u> Lite Turkey Corn Dog Baked Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or 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 Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>25 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni V</p> <p><u>Grill</u> Turkey Hot Dog (2)</p> <p><u>Sides</u>  Roasted Red Potatoes Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>26 NO SCHOOL</p>	<p>27 NO SCHOOL</p>
<p>These Choice Bar vegetables will be locally sourced while the season lasts:  Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>				

Build & Go: Taco Bar (Build your own with Fixings)

30 Breakfast Special
English Muffin Sandwich

Real Deal
Chicken Stew
Mashed Potatoes

Grill
Smoked Turkey & Cheese Hoagie
Baked Fries

Sides
Apple Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

Mix it up at Lunch Day!

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.



Build & Go: Pasta Bar (Choice of Pasta and Sauces)

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

GRILL

Each day a different Grill Feature is offered along with: Chicken Patty Sandwich • Hamburger • Cheeseburger
Featured Potato • Fruit • Veggie Choices

GOOD TO GO

Create Your Own: choose 1 main, add 3 sides plus Milk OR choose 2 mains, add 2 sides plus Milk

Mains may include: Specialty Sandwiches and Wraps
Fresh Salads • Featured Soups
Sides: Fresh Fruit and Veggies

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

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.