


# HIGH SCHOOL 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 Garlic Mashed Potatoes</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> 🍷 <b>Fresh Steamed Carrots</b> Banana Fresh Veggies Shredded or 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> Grilled Cheese Sandwich √ Baked Fries</p> <p><u>Sides</u> 🍷 <b>Watermelon</b> Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Sandwich Bar (Build your own with Fixings)				
<p><b>5</b> <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><b>6</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken &amp; Gravy Mashed Potatoes 🍷 <b>Autumn Vegetables</b></p> <p><u>Grill</u> Lite Turkey Corn Dog Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or 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> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>8</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans √ Corn</p> <p><u>Grill</u> Chicken Nuggets 🍷 <b>Roasted Red Potatoes</b></p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or 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 √ Peas</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Rice Bowl Bar (Build your own with Fixings)				
<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> Grilled Cheese Sandwich √ Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or 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 √ 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><b>14</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chili &amp; Cheesebread Mixed Vegetables</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><b>15</b></p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>	<p><b>16</b></p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>
<p><b>These Choice Bar vegetables will be locally sourced while the season lasts:</b></p> <p>🍷 Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>				
Build & Go: Pizza Bar (Variety of Pizzas and Toppings)				

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>19</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Stew Mashed Potatoes</p> <p><u>Grill</u> Smoked Turkey &amp; Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or 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 Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or 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> Chicken Breast Patty with Marinara Sauce Baked Rigatoni <sup>∨</sup> Corn</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or 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 <b>Roasted Squash</b></p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Fruit Salad Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>23</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>
Build & Go: Taco Bar (Build your own with Fixings)				
<p><b>26</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans <sup>∨</sup> Herbed Corn &amp; 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><b>27</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce <sup>∨</sup> Green Beans</p> <p><u>Grill</u> Sloppy Joe Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or 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 <b>Fresh Steamed Carrots</b></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><b>29</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans <sup>∨</sup> Brown Rice, Corn</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or 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 with Cheese Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
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 main, 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](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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