

# HIGH SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
NO SCHOOL				
<b>7</b>  <b>HOLIDAY</b>	<b>8</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Italian Dunkers with Marinara Sauce ▽ Green Beans  <u>Grill</u> School Choice Steak Fries  <u>Sides</u> Applesauce Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>9</b> <u>Breakfast Special</u> Egg & Cheese Tortilla  <u>Real Deal</u> Chili and Cheesebread Mixed Vegetables  <u>Grill</u> Buffalo Chicken Sandwich Baked Fries  <u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>10</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Chicken Chow Mein Chow Mein Noodles Brown Rice  <u>Grill</u> Beef Ribique Sandwich Steak Fries  <u>Sides</u> Pineapple Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>11</b> <u>Breakfast Special</u> Cheese Omelet & Toast  <u>Real Deal</u> Enchilada Bake Spanish Rice 🌽 <b>Corn on the Cob</b>  <u>Grill</u> Fish Sandwich with Cheese Baked Fries  <u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread
Build & Go: Pizza Bar (Variety of Pizzas and Toppings)				
<b>14</b> <u>Breakfast Special</u> English Muffin Sandwich  <u>Real Deal</u> Chicken Stew Mashed Potatoes  <u>Grill</u> Smoked Turkey Hoagie Baked Fries  <u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>15</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Hmong Beef Fried Rice with Fixings or Ravioli Garlic Bread  <u>Grill</u> Chicken Nuggets Steak Fries  <u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>16</b> <u>Breakfast Special</u> Egg & Cheese Tortilla  <u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni ▽ 🌽 <b>Corn on the Cob</b>  <u>Grill</u> Turkey Hot Dog (2) Baked Fries  <u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>17</b> <u>Breakfast Special</u> Cheesebread  <u>Real Deal</u> Tater Tot Hot Dish Green Beans  <u>Grill</u> Beef Ribique Sandwich Steak Fries  <u>Sides</u> Fruit Salad Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread	<b>18</b> <u>Breakfast Special</u> Cheese Omelet & Toast  <u>Real Deal</u> Grilled Cheese Sandwich Tomato Soup Pears  <u>Grill</u> Fish Sandwich Baked Fries  <u>Sides</u> Cantaloupe Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread
Build & Go: Taco Bar (Build your own with Fixings)				

Menu subject to change due to availability of food.

## 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](http://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

### 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>21</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans 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>22</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce <sup>v</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>23</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chili and Cheesebread Mixed Vegetables</p> <p><u>Grill</u> School Choice Baked Fries</p> <p><u>Sides</u> <sup>i</sup> <u>Watermelon</u> Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>24</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans <sup>v</sup> Brown Rice and 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>25</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Veggie 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)				
<p><b>28</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><sup>^</sup> <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><b>29</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Rotisserie Chicken Mashed Potatoes, Cornbread <sup>i</sup> <u>Coleslaw</u></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><b>30</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><b>EARLY RELEASE DAY</b></p> <p><u>Choices</u> Chicken Patty Sandwich and Baked Fries School Choice</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</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: Sandwich Bar (Build your own with Fixings)				

## MENU KEY

- <sup>p</sup> Contains Pork
- <sup>^</sup> Contains nuts or peanut butter
- <sup>v</sup> Meatless item
- <sup>i</sup> 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](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 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](http://ns.spps.org).



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