

OCTOBER

MENU

2008

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

Looking for meal account and payment information? Visit our online payment provider, PayPams, where you can make a payment, check meal account balances, sign up for recurring payments and much more! Go to <http://www.paypams.com> to register. Note: balances are delayed by 24 hours.
Our Web site: www.sppscafe.org
Our Office: (651) 603-4950
Employment: (651) 767-8200

Saint Paul Public School Menu Prices:

	Lunch	Breakfast	Extra Milk
Elementary	\$1.75	\$0.65 (or no cost)	\$0.50
Secondary	2.00	0.70 (or no cost)	0.50
Reduced-price	0.40	No cost	0.50
Adult	3.50	2.00	0.50

1 BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL
Italian Lasagna or Southwestern Lasagna^V & Garlic Bread

GRILL FEATURE
Buffalo Chicken Sandwich
Baked Fries

SIDES
Orange Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

2 BREAKFAST SPECIAL
Cheesebread

REAL DEAL
Chili or Vegetarian Chili^V & Cheesebread^V

GRILL FEATURE
Chicken Nuggets
Steak Fries

SIDES
Banana
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

3 BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL
Fish Filet
Macaroni & Cheese^V
Peas

GRILL FEATURE
Turkey Hot Dog (2)
Baked Fries

SIDES
Pears
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Rice Bowl Bar (build your own with fixings)

6 BREAKFAST SPECIAL
Cheesebread

REAL DEAL
School Choice

GRILL FEATURE
Grilled Cheese Sandwich^V
Baked Fries

SIDES
Mixed Fruit
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

7 BREAKFAST SPECIAL
Cheese Omelet

REAL DEAL
Italian Dunkers with Marinara Sauce^V

GRILL FEATURE
School Choice
Steak Fries

SIDES
Applesauce
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

8 BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL
Tater Tot Hot Dish
Green Beans

GRILL FEATURE
Buffalo Chicken Sandwich
Baked Fries

SIDES
Fruit Salad
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

9 BREAKFAST SPECIAL
Cheesebread

REAL DEAL
Chicken Chow Mein
Chow Mein Noodles
Rice

GRILL FEATURE
Beef Ribique Sandwich
Steak Fries

SIDES
Grapes
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

10 BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL
Enchilada Bake
Spanish Rice
Green Beans

GRILL FEATURE
Fish Sandwich with Cheese
Baked Fries

SIDES
Pears
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Pizza Bar (variety of pizzas and toppings)

BREAKFAST

Join us for a delicious breakfast!

Daily choices include:

- Fresh Fruit • 100% Fruit Juice • Yogurt
- Graham Crackers • Whole Grain Cereal • Milk

Additional daily choices may include:

- Homemade Breakfast Breads
 - Cinnamon Toast
- Whole Wheat Muffins and Danish
- 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, or lactose-reduced) offered with each breakfast and lunch

Our menus meet or exceed USDA nutrition standards. Detailed nutrition information can be found at www.sppscafe.org

HIGH SCHOOL MENU



OCTOBER

2008

MONDAY

13

BREAKFAST SPECIAL
Cheesebread

REAL DEAL

Chicken Stew
Biscuit

GRILL FEATURE

Lite Turkey Corn Dog
Baked Fries

SIDES

Applesauce
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

TUESDAY

14

BREAKFAST SPECIAL
Cheese Omelet

REAL DEAL

Meatloaf
Garlic Mashed Potatoes
Green Beans

GRILL FEATURE

Chicken Nuggets
Steak Fries

SIDES

Mandarin Oranges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

WEDNESDAY

15

BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL

Chicken Breast Patty
with Marinara Sauce
Baked Rigatoni^v
Corn

GRILL FEATURE

Turkey Hot Dog (2)
Baked Fries

SIDES

Peaches
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

THURSDAY

16

NO SCHOOL

FRIDAY

17

NO SCHOOL

**IN A HURRY AT HOME?
EAT BREAKFAST AT SCHOOL.**

Breakfast is so important that it is priced right — **free** at most schools for all students! If your school doesn't have free breakfast for all, check out the great pricing on the front page.

BUILD & GO: Taco Bar (build your own with fixings)

20

BREAKFAST SPECIAL
Cheesebread

REAL DEAL

^Thai Peanut Chicken
with Noodles
Broccoli

GRILL FEATURE

Chicken Nuggets
Baked Fries

SIDES

Applesauce
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

21

BREAKFAST SPECIAL
Cheese Omelet

REAL DEAL

Rotisserie Chicken,
Mashed Potatoes,
Mixed Greens & Cornbread

GRILL FEATURE

School Choice
Steak Fries

SIDES

Pears
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

22

BREAKFAST SPECIAL
Egg & Cheese Tortilla

REAL DEAL

Chili or Vegetarian Chili^v
& Cheesebread^v
Mixed Vegetables

GRILL FEATURE

Buffalo Chicken Sandwich
Baked Fries

SIDES

Fresh Strawberries
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

23

BREAKFAST SPECIAL
Cheesebread

REAL DEAL

Egg Roll
Fried Rice
Green Beans

GRILL FEATURE

Beef Ribique Sandwich
Steak Fries

SIDES

Pineapple Tidbits
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

24

BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL

BBQ Chicken Sandwich
Chicken Vegetable
Rotini Soup

GRILL FEATURE

Fish Sandwich with Cheese
Baked Fries

SIDES

Mixed Fruit
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Pasta Bar (choice of pasta and sauces)

27

BREAKFAST SPECIAL
Cheesebread

REAL DEAL

Chicken Fajita
Refried Beans^v
Herbed Corn & Couscous

GRILL FEATURE

Smoked Turkey &
Cheese Hoagie
Baked Fries

SIDES

Peaches
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

28

BREAKFAST SPECIAL
Cheese Omelet

REAL DEAL

Italian Dunkers
with Marinara Sauce^v
Mixed Vegetables

GRILL FEATURE

Lite Turkey Corn Dog
Steak Fries

SIDES

Applesauce
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

29

BREAKFAST SPECIAL
Egg & Cheese Tortilla

**EARLY
RELEASE DAY**

CHOICES

Chicken Patty Sandwich and
Steak Fries
Pizza

SIDES

Banana
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

30

BREAKFAST SPECIAL
Cheesebread

REAL DEAL

Nachos St. Paul
Refried Beans^v
Brown Rice
Corn

GRILL FEATURE

Chicken Nuggets
Roasted Rosemary Potatoes

SIDES

Mandarin Oranges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

31

BREAKFAST SPECIAL
Bagel Sandwich

REAL DEAL

Chicken Suqaar,
Vegetable Rice, Pita Bread

GRILL FEATURE

Grilled Cheese Sandwich^v
Baked Fries

Honeycrisp Apples

SIDES

Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

BUILD & GO: Sandwich Bar (build your own with fixings)

Honeycrisp Apples on October 31st: Minnesota's State Fruit

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.

^PContains Pork ^vMeatless item [^]Contains nuts or peanut butter

2008 Board of Education: Kazoua Kong-Thao, Chair; Elona Street-Stewart, Vice-Chair; Tom Conlon, Clerk; Tom Goldstein, Treasurer; Anne Carroll, Director; John Brodrick, Director; Keith Hardy, Director • Meria Joel Carstarphen, Ed. D., Superintendent