














REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>These Choice Bar vegetables will be locally sourced while the season lasts:  Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>			<p>1 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Rotini Hot Dish  Fresh Steamed Carrots Garlic Bread Applesauce Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>2 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Grilled Cheese Sandwich  Tomato Soup   Watermelon Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p>5 <u>Breakfast Special</u> Sausage Biscuit </p> <p><u>Lunch</u> Hmong Beef Fried Rice with Fixings or Ravioli Pineapple Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Patty Sandwich Green Beans Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>7 <u>Breakfast Special</u> Pumpkin Bread</p> <p>NEW! </p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce   Autumn Vegetables Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog  Roasted Red Potatoes Baked Beans Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>9 <u>Breakfast Special</u> Energy Bar  NEW!</p> <p><u>Lunch</u> Enchilada Bake Brown Rice Corn Peaches Sour Cream, Shredded Salad Greens, Tomato & Onion Whole Wheat French Bread</p>
<p>12 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Pasta with Italian Meatsauce Garlic Bread Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>13 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Cheese  or Hawaiian Pizza Green Beans Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>14 <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Chicken or Vegetarian Fajita Refried Beans  Brown Rice Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>15</p> <p>NO SCHOOL</p>	<p>16</p> <p>NO SCHOOL</p>

Menu subject to change due to availability of food.

New! Pumpkin Bread

Try our Pumpkin Bread on October 7th. This moist and tasty breakfast bread is a delicious way to eat your vegetables!



New! Energy Bar

Some students got a sneak of this new bakery creation last spring and during our summer food program. The secret ingredient, puréed beans, adds great texture and healthy fiber without affecting the flavor. Try it on October 9th and start your morning with a burst of energy from this granola-type breakfast bar.

BREAKFAST

Available Each Day:

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

LUNCH

Available Each Day:

- Alternate Entrees:
- Salad Choices • Sub Sandwich

- Milk (skim, 1%, chocolate skim, lactose-reduced)

Fresh Veggies May Include:

- Baby Carrots • Celery • Cucumbers
- Grape Tomatoes • Jicama
- Peas • Red Onions • Zucchini

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Lunch</u> Lite Turkey Corn Dog Tater Tots Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Taco Salad Refried Beans ▼ Corn, Brown Rice Tortilla Chips Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>21 <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> ^ Thai Peanut Chicken & Noodles Broccoli Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>22 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Nuggets Mashed Potatoes & Gravy 🍖 Roasted Squash Apple Crisp Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>23</p> <p>NO SCHOOL</p>
<p>26 <u>Breakfast Special</u> Lemon Poppyseed Bread</p> <p><u>Lunch</u> Beef Barley Soup and Cheese Square Focaccia Bread Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>27 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog Baked Beans Tater Tots Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>28 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Lunch</u> Cheese or Veggie Pizza ▼ 🍖 Fresh Steamed Carrots Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>29 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Sesame Chicken Brown Rice Broccoli Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>30 <u>Breakfast Special</u> Apple Cherry Cinnamon Bread</p> <p><u>Lunch</u> ^ PB&J Bar ▼ Strawberry Yogurt Parfait ▼ Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>

MENU KEY

- P Contains Pork
- ^ Contains nuts or peanut butter
- ▼ 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.



There's a Rainbow on My Plate!

Cut up a rainbow, Serve it on a plate
Crunch all the colors, Now I'm feeling great!

Eating a variety of colors is a treat for your eyes and a boost to your body! You'll find every color of the rainbow on our menus from the hot shades of peppers, watermelon, and carrots to the cool hues of peas, broccoli, and cabbage.



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 Adult	0.40 3.50	No cost 2.00	0.50 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.



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Saint Paul Public Schools is an equal opportunity provider.