

REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
NO SCHOOL				
7 HOLIDAY	8 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> Chicken Patty Sandwich Green Beans Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	9 <u>Breakfast Special</u> Pancakes with Apple Topping <u>Lunch</u> Lite Turkey Corn Dog Tater Tots Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread	10 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> ^ PB&J Bar v Strawberry Yogurt Parfait v Banana Fresh Veggies Salad Greens Whole Wheat French Bread	11 <u>Breakfast Special</u> Apple Cinnamon Bread <u>Lunch</u> Sloppy Joe ^ Corn on the Cob Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread
14 <u>Breakfast Special</u> Egg & Cheese Tortilla <u>Lunch</u> Chicken Nuggets with Honey BBQ Sauce Sweet Potato Fries Peaches Fresh Veggies Salad Greens Whole Wheat French Bread	15 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> Cheese or Veggie Pizza v Green Beans Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread	16 <u>Breakfast Special</u> Banana Chocolate Chip Bread <u>Lunch</u> Hamburger ^ Corn on the Cob Mixed Fruit Shredded Salad Greens Onion & Pickles Whole Wheat French Bread	17 <u>Breakfast Special</u> Cheesebread <u>Lunch</u> Meatloaf Mashed Potatoes & Gravy Peas Banana Fresh Veggies Salad Greens Whole Wheat French Bread	18 <u>Breakfast Special</u> Sausage Biscuit P <u>Lunch</u> ^ PB&J Bar v Chicken Rice Soup Cantaloupe Fresh Veggies Salad Greens Whole Wheat French Bread

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.

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. Offering B2G is a great way to reach students who do not have time to eat before school, aren't hungry when they first wake up, don't have time to eat in the cafeteria, or have a long bus ride to school. 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.

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>21 <u>Breakfast Special</u> Lemon Poppyseed Bread  NEW!</p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce ∇ Mixed Vegetables Applesauce Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>22 <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>23 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Lunch</u> Turkey Hot Dog Steak Fries  Watermelon Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>24 <u>Breakfast Special</u> Cheesebread</p> <p>NEW! <u>Lunch</u>  Teriyaki Chicken & Edamame  Fresh Broccoli Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>25 <u>Breakfast Special</u> Apple Cherry Cinnamon Bread</p> <p><u>Lunch</u> Tater Tot Hot Dish Peas M&M Cookie Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p>28 <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Lite Turkey Corn Dog  Coleslaw Baked Beans Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>29 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken & Gravy Mashed Potatoes Green Beans Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>30 <u>Breakfast Special</u> Cinnamon Toast Waffle with Apple Topping EARLY RELEASE DAY</p> <p><u>Lunch</u> Chicken Patty Sandwich Potato Triangle Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>These Choice Bar vegetables will be locally sourced while the season lasts:</p> <p> Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>	

MENU KEY

- P** Contains Pork
- A** 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.

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.

New This Month!

Teriyaki Chicken & Edamame

Try this delicious dish of chicken, edamame, rice and veggies in teriyaki sauce on September 24. 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!



Lemon Poppyseed Bread

Our bakery department has been hard at work creating new breakfast and after school snack items. Try the new Lemon Poppyseed Bread on September 21st. It's just as tasty as the local bakery, but made with whole wheat flour. And look for more new creations in October!



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