



# REGULAR MENU

## Year-Round Schools

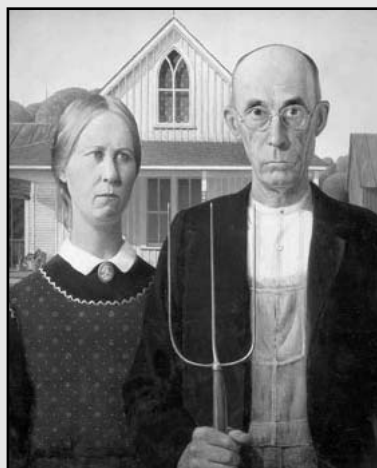


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Cinnamon French Toast and Scrambled Eggs <b>▼</b> Potato Triangle Apple Topping Fruit Choice 100% Fruit Juice Whole Wheat French Bread</p>	<p><b>3</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Rice Bowl Broccoli and Carrots Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>4</b> <u>Breakfast Special</u> Cinnamon Toast Waffle with Apple Topping <b>EARLY RELEASE DAY</b></p> <p><u>Lunch</u> Chicken Patty Sandwich Peas Strawberry Cup Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>5</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Soft Shell Taco Refried Beans <b>▼</b> Corn, Brown Rice Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>6</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce <b>▼</b> <b>Fresh Steamed Carrots</b> Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p><b>9</b> <u>Breakfast Special</u> Sausage Biscuit <b>P</b></p> <p><u>Lunch</u> Chicken Suqaar or Chicken Nuggets Vegetable Rice Pita Bread Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>10</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog Baked Beans Tater Tots Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>11</b> <u>Breakfast Special</u> Pumpkin Bread</p> <p><u>Lunch</u> Cheese <b>▼</b> or Hawaiian Pizza Green Beans Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>12</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Hamburger <b>Roasted</b> <b>Harvest Vegetables</b> Peaches Onion and Pickles Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>13</b></p> <p><b>NO SCHOOL</b></p>
<p><b>16</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Pasta with Marinara Sauce <b>▼</b> Garlic Bread Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>17</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Taco Salad Refried Beans <b>▼</b> Corn, Brown Rice Tortilla Chips Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>18</b> <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Chicken Patty Sandwich Broccoli Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>19</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken &amp; Gravy Mashed Potatoes Sage Dressing Green Beans <b>Fresh Cranberry Sauce</b> Sweet Potato Pie Whole Wheat French Bread</p>	<p><b>20</b> <u>Breakfast Special</u> Apple Cinnamon Bread</p> <p><u>Lunch</u> Macaroni and Cheese <b>▼</b> Fish Sandwich <b>Baked Squash</b> Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

## The New American Gothic

Grant Wood's American Gothic painting, depicting a hard-working farmer and his daughter, reminds us of rural Midwestern life. When the final school bell rings this summer, we'll have served over five million lunches featuring almost 200,000 pounds of Minnesota-grown produce. We're thankful to the hard-working farmers whose work, passion and dedication still nourish our children.



### 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
<b>23</b> <u>Breakfast Special</u> Egg & Cheese Tortilla  <u>Lunch</u> Chili and Cheesebread Corn Pears Fresh Veggies Salad Greens Whole Wheat French Bread	<b>24</b> <u>Breakfast Special</u> Cheesebread  <u>Lunch</u> Chicken or Vegetarian Fajita Refried Beans v Brown Rice Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	<b>25</b> NO SCHOOL	<b>26</b> NO SCHOOL	<b>27</b> NO SCHOOL
		 <b>These Choice Bar vegetables will be locally sourced while the season lasts:</b> Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini		
<b>30</b> <u>Breakfast Special</u> English Muffin Sandwich  <u>Lunch</u> Chicken Nuggets Mashed Potatoes & Gravy Peaches Fresh Veggies Salad Greens Whole Wheat French Bread	<h2>Mix it up at Lunch Day!</h2> <p>On November 10th, Saint Paul Schools will participate in National Mix it Up at Lunch Day. Mix it Up at Lunch is simple: take a new seat in the cafeteria. By moving to a place where students don't normally sit, they can begin to create a school environment that is less segregated by groups and cliques. Out for Equity is helping to facilitate Mix it Up at Lunch Day. For ideas about how your school can participate in this valuable day, visit <a href="http://www.mixitup.org">www.mixitup.org</a> or contact Out for Equity at 651-523-6322.</p> 			

### 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.

### 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.

## Test will identify students for gifted services

Saint Paul Public Schools (SPPS) will be using the Naglieri Non-verbal Ability Test, Second Edition (NNAT2) to identify students who are eligible for gifted services within the school district. This year, NNAT2 testing will be held the first week of December. Gifted services provide challenging and fast-paced learning programs for students who have the ability to do work at a level above what is expected at their grade in school. Students who have previously been identified as eligible for gifted services are not affected by this test and will continue to receive services.

SPPS will offer the NNAT2 to all kindergarten students and all students in second grade that previously weren't identified in kindergarten or first grade. Parents of students in grades 1, 3, 4 and 5 should talk to their child's teacher to discuss whether their child may be eligible to receive special permission to take the test at their child's current grade level based on high test scores and outstanding school work. November 2nd is the nomination deadline for nominating students to take the NNAT2 in December.

Students will take the NNAT2 for one hour on one day at their school between Dec. 1 - 8, 2009. Families will be notified of final results before the school choice deadline on Mar. 5, 2010.



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 Tom Goldstein, Treasurer • Anne Carroll, Director • Keith Hardy, Director  
**Interim Superintendent** Suzanne P. Kelly

Saint Paul Public Schools is an equal opportunity provider.