

EXPANDED MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
NO SCHOOL				
<p>4 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken and Gravy Mashed Potatoes</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Peas Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Fixings or Ravioli</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v, Brown Rice</p> <p><u>Grill</u> Buffalo Chicken Sandwich Roasted Red Potatoes</p> <p><u>Sides</u> Corn Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>7 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish</p> <p><u>Grill</u> Chicken Patty Sandwich Tater Tots</p> <p><u>Sides</u> Green Beans Fruit Salad Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Grilled Cheese Sandwich ^v Tomato Soup ^v</p> <p><u>Grill</u> Hamburger or Cheeseburger Sweet Potato Fries</p> <p><u>Sides</u> Peas Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p>11 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans ^v Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunks with Marinara Sauce ^v</p> <p><u>Grill</u> Sloppy Joe Steak Fries</p> <p><u>Sides</u> Green Beans Strawberry Cup Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>13 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> Mixed Vegetables Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>14 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Egg Roll and Fried Rice</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Broccoli Pineapple Tidbits Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>15 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Fish Sandwich Baked Fries</p> <p><u>Sides</u> Corn and Barley Ensalada Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** Meatless item
- !** Locally grown

MENU KEY

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.

Has Your Family Experienced a Reduction in Income? Applying for Meal Benefits is Easy and Confidential.

Free or reduced-price school meals can help ease the financial strain many families are experiencing during this economic downturn. Families who receive Food Stamps, MFIP, WIC or FDPIR or who meet USDA income guidelines may be eligible for free or reduced-price school meals. Households of four with a weekly gross income of \$785 or less may qualify. To find out if you qualify or to request an application, make a confidential call to Nutrition Services at 651-603-4950.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 NO SCHOOL	19 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni ^v <u>Grill</u> Turkey Hot Dog (2) Baked Fries <u>Sides</u> Corn Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread	20 <u>Breakfast Special</u> Egg & Cheese Tortilla <u>Real Deal</u> Nachos St. Paul Refried Beans ^v Brown Rice <u>Grill</u> Buffalo Chicken Sandwich Steak Fries <u>Sides</u> Corn Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	21 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Meatloaf Mashed Potatoes & Gravy <u>Grill</u> Chicken Patty Sandwich Tater Tots <u>Sides</u> Green Beans Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	22 <u>Breakfast Special</u> Cheese Omelet & Toast <u>Real Deal</u> Teriyaki Chicken & Edamame <u>Grill</u> Hamburger or Cheeseburger Baked Fries <u>Sides</u> Peach Cup Fresh Veggies Shredded Salad Greens Whole Wheat French Bread
25 <u>Breakfast Special</u> English Muffin Sandwich <u>Real Deal</u> Taco Salad or Soft Shell Taco Refried Beans ^v , Brown Rice <u>Grill</u> Fish Sandwich or Smoked Turkey & Cheese Hoagie Baked Fries <u>Sides</u> Corn Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	26 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Rotisserie Chicken Mashed Potatoes, Cornbread and Mixed Greens <u>Grill</u> Grilled Cheese Sandwich Tater Tots <u>Sides</u> Peas Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread	27 <u>Breakfast Special</u> Egg & Cheese Tortilla <u>Real Deal</u> Italian Lasagna Garlic Bread <u>Grill</u> Lite Turkey Corn Dog Baked Fries <u>Sides</u> Banana Fresh Veggies/Salad Greens Whole Wheat French Bread	28 <u>Breakfast Special</u> Cheesebread <u>Real Deal</u> Chicken Rice Bowl & Fixings <u>Grill</u> Chicken Patty Sandwich Steak Fries <u>Sides</u> Broccoli and Carrots Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread	29 NO SCHOOL

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.

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

LUNCH

Available Each Day:

Jelly and peanut butter
Milk (skim, 1%, chocolate skim, strawberry skim, lactose-reduced)

Fresh Veggies May Include:

Baby Carrots, Celery, Cucumbers, Grape Tomatoes, Jicama, Peas, Red Onions, Zucchini

Pizza is offered each day with a choice of sides.

Pizza choices may include:

Hawaiian ^v, Cheese ^v, Veggie ^v, Beef Pepperoni, Beef Sausage



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