



EXPANDED MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Taco Salad or Soft Shell Taco Refried Beans ^v, Brown Rice</p> <p><u>Grill</u> Fish Sandwich or Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Corn Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>2 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken and Gravy Mashed Potatoes</p> <p><u>Grill</u> Grilled Cheese Sandwich ^v Tater Tots</p> <p><u>Sides</u> Peas Strawberry Cup Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>3 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Italian Lasagna Garlic Bread</p> <p><u>Grill</u> Hamburger or Cheeseburger Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>4 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Rice Bowl & Fixings</p> <p><u>Grill</u> Chicken Patty Sandwich Tater Tots</p> <p><u>Sides</u> Broccoli and Carrots Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Fish Filet Macaroni & Cheese ^v</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Peas Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>
<p>8 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Sesame Chicken</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>9 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce ^v</p> <p><u>Grill</u> Sloppy Joe Tater Tots</p> <p><u>Sides</u> Green Beans Applesauce Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>10 <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 Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>11 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Chow Mein Chow Mein Noodles Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Enchilada Bake</p> <p><u>Grill</u> Grilled Cheese Sandwich ^v Steak Fries</p> <p><u>Sides</u> Corn Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p>15 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Scallions, Peas & Cilantro or Ravioli Garlic Bread</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>16 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken and Gravy Mashed Potatoes Cornbread</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>17 <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> Corn Dog Steak Fries</p> <p><u>Sides</u> Corn Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>18 <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>19 <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> Fish Sandwich or Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Peach Cup 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans [✓] 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>23 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Spaghetti & Meatballs Garlic Bread</p> <p><u>Grill</u> Sloppy Joe Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>24 <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>25 <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>26 <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> Grilled Cheese Sandwich [✓] Sweet Potato Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies/Salad Greens Whole Wheat French Bread</p>
29	30	31	<p>NO SCHOOL</p>	

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 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 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.



Free or reduced-price meal applications now online

It is now even easier to apply for free or reduced-price meals! First, you will need each child's 6-digit student ID number. Then go to ns.spps.org and follow the link to the online application. The on-screen instructions will guide you through the application process. Additional instructions are available at ns.spps.org. Questions? Please call us at 651-603-4950.



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 [✓], Cheese [✓], Veggie [✓], Beef Pepperoni, Beef Sausage



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Saint Paul Public Schools is an equal opportunity provider.