

DECEMBER

2008

# MENU

## MONDAY

1

### BREAKFAST SPECIAL Cheesebread

#### REAL DEAL

Chicken Fajita with Fixings  
Refried Beans<sup>V</sup>  
Herbed Corn & Couscous

#### GRILL FEATURE

Smoked Turkey &  
Cheese Hoagie  
Baked Fries

#### SIDES

Peaches  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

## TUESDAY

2

### BREAKFAST SPECIAL Cheese Omelet

#### REAL DEAL

Italian Dunkers  
with Marinara Sauce<sup>V</sup>  
Green Beans

#### GRILL FEATURE

Sloppy Joe  
Steak Fries

#### SIDES

Pears  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

## WEDNESDAY

3

### BREAKFAST SPECIAL Egg & Cheese Tortilla

#### REAL DEAL

Hmong Beef Fried Rice  
with Scallions, Peas  
and Cilantro or Ravioli  
Garlic Bread

#### GRILL FEATURE

Beef Ribique Sandwich  
Baked Fries

#### SIDES

Banana  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

## THURSDAY

4

### BREAKFAST SPECIAL Cheesebread

#### REAL DEAL

Nachos St. Paul  
Refried Beans<sup>V</sup>  
Brown Rice  
Corn

#### GRILL FEATURE

Chicken Nuggets  
Steak Fries

#### SIDES

Peach Cup  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

## FRIDAY

5

### BREAKFAST SPECIAL Bagel Sandwich

#### REAL DEAL

Rodeo Beef & Beans  
Green Chili Cornbread

#### GRILL FEATURE

Grilled Cheese Sandwich<sup>V</sup>  
Baked Fries

#### SIDES

Fruit Salad  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

**BUILD & GO:** Sandwich Bar (build your own with fixings)

8

### BREAKFAST SPECIAL Cheesebread

#### REAL DEAL

Rotini Hot Dish  
Garlic Bread  
Corn

#### GRILL FEATURE

School Choice  
Baked Fries

#### SIDES

Apple Wedges  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

9

### BREAKFAST SPECIAL Cheese Omelet

#### REAL DEAL

Chicken Chow Mein  
Chow Mein Noodles  
Rice

#### GRILL FEATURE

Lite Turkey Corn Dog  
Steak Fries

#### SIDES

Pineapple  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

10

### BREAKFAST SPECIAL Egg & Cheese Tortilla

## EARLY RELEASE DAY

#### GRILL FEATURE

Chicken Patty Sandwich and  
Baked Fries

#### SIDES

Orange Wedges  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

11

### BREAKFAST SPECIAL Cheesebread

#### REAL DEAL

Chili or Vegetarian Chili<sup>V</sup>  
& Cheesebread<sup>V</sup>  
Mixed Vegetables

#### GRILL FEATURE

Chicken Nuggets  
Steak Fries

#### SIDES

Banana  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

12

### BREAKFAST SPECIAL Bagel Sandwich

#### REAL DEAL

Fish Filet  
Macaroni & Cheese<sup>V</sup>  
Peas

#### GRILL FEATURE

Turkey Hot Dog (2)  
Baked Fries

#### SIDES

Strawberry Cup  
Fresh Veggies  
Shredded or Salad Greens  
Whole Wheat French Bread

**BUILD & GO:** Rice Bowl Bar (build your own with fixings)

## BREAKFAST

Join us for a delicious breakfast!

Daily choices include:

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

Additional daily choices may include:

- Homemade Breakfast Breads
  - Cinnamon Toast
- Whole Wheat Muffins and Danish
- Sausage Biscuit<sup>P</sup>

## GRILL

Each day a different Grill Feature is offered along with:

- Chicken Patty Sandwich
  - Hamburger
  - Cheeseburger
- Featured Potato
  - Fruit
- Veggie Choices

## GOOD TO GO

Create Your Own  
choose 1 main, add 3 sides  
Plus Milk

OR  
choose 2 main, add 2 sides  
Plus Milk

Mains may include:

- Specialty Sandwiches and Wraps
  - Fresh Salads
  - Featured Soups

Sides:

- Fresh Fruit and Veggies

\* Milk (skim, 1%, chocolate skim, strawberry skim or lactose-reduced) offered with each breakfast and lunch

Our menus meet or exceed USDA nutrition standards. Detailed nutrition information can be found at [www.sppscafe.org](http://www.sppscafe.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>15</b></p> <p><b>BREAKFAST SPECIAL</b> Cheesebread</p> <p><b>REAL DEAL</b> School Choice</p> <p><b>GRILL FEATURE</b> Grilled Cheese Sandwich<sup>v</sup> Baked Fries</p> <p><b>SIDES</b> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>16</b></p> <p><b>BREAKFAST SPECIAL</b> Cheese Omelet</p> <p><b>REAL DEAL</b> Italian Dunkers with Marinara Sauce<sup>v</sup> Green Beans</p> <p><b>GRILL FEATURE</b> School Choice Steak Fries</p> <p><b>SIDES</b> Applesauce Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>17</b></p> <p><b>BREAKFAST SPECIAL</b> Egg &amp; Cheese Tortilla</p> <p><b>REAL DEAL</b> Tater Tot Hot Dish Green Beans</p> <p><b>GRILL FEATURE</b> Buffalo Chicken Sandwich Baked Fries</p> <p><b>SIDES</b> Fruit Salad Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>18</b></p> <p><b>BREAKFAST SPECIAL</b> Cheesebread</p> <p><b>REAL DEAL</b> Chicken and Gravy with Mashed Potatoes, Sage Dressing, Cranberry Sauce and Peas</p> <p><b>GRILL FEATURE</b> Beef Ribique Sandwich Steak Fries</p> <p><b>SIDES</b> Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>19</b></p> <p><b>BREAKFAST SPECIAL</b> Bagel Sandwich</p> <p><b>REAL DEAL</b> Enchilada Bake Spanish Rice</p> <p><b>GRILL FEATURE</b> Fish Sandwich with Cheese Baked Fries</p> <p><b>SIDES</b> Peach Cup Corn and Barley Ensalada Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>

**BUILD & GO:** Pizza Bar (variety of pizzas and toppings)

**22**                      **23**                      **24**                      **25**                      **26**

WINTER BREAK  
NO SCHOOL

**29**                      **30**                      **31**

**NEW! WHOLE WHEAT TORTILLAS**

We wanted to get student opinions on whole wheat tortillas so we served these delicious new tortillas at Humboldt Junior and Senior High.



Students told us they like the flavor and that the tortillas are soft and leakproof like our plain white tortillas. In fact, the new tortillas are made by the same local, family-owned

company. Look for these healthy and delicious tortillas at your school on December 1st.

Looking for meal account and payment information?

Visit our online payment provider, PayPams, where you can make a payment, check meal account balances, sign up for recurring payments and much more! Go to <http://www.paypams.com> to register.  
Note: balances are delayed by 24 hours.

Our Web site: [www.sppscsafe.org](http://www.sppscsafe.org)  
Our Office: (651) 603-4950  
Employment: (651) 767-8200

Saint Paul Public School Menu Prices:			
	Lunch	Breakfast	Extra Milk
Elementary	\$1.75	\$0.65 (or no cost)	\$0.50
Secondary	2.00	0.70 (or no cost)	0.50
Reduced-price	0.40	No cost	0.50
Adult	3.50	2.00	0.50

Our menus meet or exceed USDA nutrition standards. Detailed nutrition information can be found at [www.sppscsafe.org](http://www.sppscsafe.org)

**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.  
PContains Pork    vMeatless item    ^Contains nuts or peanut butter

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