





BREAKFAST MENU

<p>September 30 Mini Pancake Bites with Syrup OR Teriyaki Chicken Rice Bowl Grapes</p>	<p>October 1 Chicken & Vegetable Dumplings Apple Slices</p>	<p>2 Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p>	<p>3 NO SCHOOL TODAY! </p>	<p>4 Mini Cinnamon Rolls OR Teriyaki Chicken Rice Bowl Banana</p>
<p>7 Saint Paul Sunrise Croissant OR Teriyaki Chicken Rice Bowl Grapes</p>	<p>8 Chicken & Vegetable Dumplings Apple Slices</p>	<p>9 Banana Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p>	<p>10 Chicken & Vegetable Dumplings Apple Slices</p>	<p>11 Caramel Mini Cinnamon Rolls OR Chicken Teriyaki Rice Bowl Banana</p>
<p>14 Mini Pancake Bites with Syrup OR Teriyaki Chicken Rice Bowl Grapes</p>	<p>15 Chicken & Vegetable Dumplings Apple Slices</p>	<p>16 Chocolate Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p>	<p>17 NO SCHOOL TODAY! </p>	<p>18 NO SCHOOL TODAY! </p>
<p>21 Saint Paul Sunrise Sandwich OR Teriyaki Chicken Rice Bowl Grapes</p>	<p>22 Chicken & Vegetable Dumplings Apple Slices</p>	<p>23 Banana Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p>	<p>24 Chicken & Vegetable Dumplings Apple Slices</p>	<p>25  Caramel Mini Cinnamon Rolls OR Chicken Teriyaki Rice Bowl Banana</p>
<p>28 Mini Pancake Bites with Syrup OR Teriyaki Chicken Rice Bowl Grapes</p>	<p>29 Chicken & Vegetable Dumplings Apple Slices</p>	<p>30 Chocolate Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p>	<p>31 Chicken & Vegetable Dumplings Apple Slices</p>	<p>November 1 Mini Cinnamon Rolls OR Teriyaki Chicken Rice Bowl Banana</p>

DAILY CHOICES

- Assorted Cereals
- Yogurt
- String Cheese
- Juice
- Milk



- PreK-5 no school, 6-8 grade students at PreK-8 schools are in school.
- For nutrient & allergen information, visit SchoolCafe.com/SPPS.
- Menu subject to change.
- This institution is an equal opportunity provider.

OCTOBER LUNCH MENU

September 30 Crispy Chicken Sandwich Potato Wedges Choice Bar Soybutter Sandwich Choice Bar	October 1 Mongolian Beef Jasmine Rice Choice Bar Soybutter Sandwich Choice Bar	2 NACHO DAY Seasoned Beef Refried Beans Cheese Sauce Tortilla Chips Choice Bar Soybutter Sandwich Choice Bar	3 NO SCHOOL TODAY! 	4 Italian Dunker Marinara Sauce Choice Bar Soybutter Sandwich Choice Bar
7 Penne Pasta Meat Sauce or Marinara Sauce Dinner Roll Choice Bar Soybutter Sandwich Choice Bar	8 Chicken Teriyaki Jasmine Rice Choice Bar Soybutter Sandwich Choice Bar	9 TACO DAY Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell Choice Bar Soybutter Sandwich Choice Bar	10 Chicken Fingers Mac & Cheese Galaxy Sauce Choice Bar Soybutter Sandwich Choice Bar	11 Cheese or Turkey Sausage Pizza Choice Bar Soybutter Sandwich Choice Bar

NATIONAL SCHOOL LUNCH WEEK ~ OCTOBER 14-18

Turkey Hot Dog Potato Wedges Choice Bar Soybutter Sandwich Choice Bar	Beef Bulgogi Jasmine Rice Choice Bar Soybutter Sandwich Choice Bar	Oven Fried or Nashville Chicken Potato Wedges Corn Muffin Choice Bar Soybutter Sandwich Choice Bar	No School October 17-18 For food resources: SPPS.org/NS	
21 Glazed Chicken Bites Potato Wedges Dinner Roll Choice Bar Soybutter Sandwich Choice Bar	22 Corn Dog Potato Wedges Choice Bar Soybutter Sandwich Choice Bar	23 Beef, Bean & Cheese Burrito Nacho Cheese Sauce Choice Bar Soybutter Sandwich Choice Bar	24 Pancakes Chicken Sausages Hash Browns Choice Bar Soybutter Sandwich Choice Bar	25 ★ Cheese or Turkey Sausage Pizza Choice Bar Soybutter Sandwich Choice Bar
28 Crispy Chicken Sandwich Potato Wedges Choice Bar Soybutter Sandwich Choice Bar	29 Mongolian Beef Jasmine Rice Choice Bar Soybutter Sandwich Choice Bar	30 NACHO DAY Seasoned Beef Refried Beans Cheese Sauce Tortilla Chips Choice Bar Soybutter Sandwich Choice Bar	31 MN THURSDAY! Swedish Meatballs Mashed Potatoes Dinner Roll Choice Bar Soybutter Sandwich Choice Bar 	November 1 Italian Dunker Marinara Sauce Choice Bar Soybutter Sandwich Choice Bar



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Choice bar and milk are available at every meal.

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