



## BREAKFAST MENU

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

### DAILY CHOICES

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

- For nutrient & allergen information, visit [SchoolCafe.com/SPPS](http://SchoolCafe.com/SPPS).
- Menu subject to change.
- This institution is an equal opportunity provider.

## LUNCH MENU

<p><b>September 30</b></p> <p>Crispy Chicken Sandwich</p> <p>Cheeseburger</p> <p>Potato Wedges</p>	<p><b>October 1</b></p> <p>Mongolian Beef Jasmine Rice</p> <p>Beef Rib Sandwich Potato Wedges</p>	<p><b>2 NACHO DAY</b></p> <p>Seasoned Beef Refried Beans Cheese Sauce Tortilla Chips</p> <p>Hot &amp; Spicy Chicken Sandwich Potato Wedges</p>	<p><b>3</b></p> <p>NO SCHOOL TODAY!</p> 	<p><b>4</b></p> <p>Italian Dunker Marinara Sauce</p> <p>Make Your Own Chicken Caesar Salad Dinner Rolls</p>
<p><b>7</b></p> <p>Penne Pasta Meat Sauce or Marinara Sauce Dinner Roll</p> <p>Chicken Sliders Potato Wedges</p>	<p><b>8</b></p> <p>Teriyaki Chicken Jasmine Rice</p> <p>Cheeseburger Potato Wedges</p>	<p><b>9 TACO DAY</b></p> <p>Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell</p> <p>Buffalo Chicken Sandwich Potato Wedges</p>	<p><b>10</b></p> <p>Chicken Fingers Mac &amp; Cheese Galaxy Sauce</p> <p>Grilled Cheese Beef &amp; Bean Chili</p>	<p><b>11</b></p> <p>Cheese or Turkey Sausage Pizza</p> <p>Make Your Own Chicken Caesar Salad Dinner Rolls</p>

## NATIONAL SCHOOL LUNCH WEEK ~ OCTOBER 14-18

<p>Turkey Hot Dog Potato Wedges</p> <p>Chicken Alfredo Penne Pasta Dinner Roll</p>	<p>Beef Bulgogi Jasmine Rice</p> <p>Cheeseburger Potato Wedges</p>	<p>Oven Fried or Nashville Chicken Potato Wedges Corn Muffin</p> <p>Chicken Tinga Taco Refried Beans</p>	<p><b>No School October 17-18</b></p> <p><b>For food resources: <a href="http://SPPS.org/NS">SPPS.org/NS</a></b></p> 	
<p><b>21</b></p> <p>Glazed Chicken Bites Potato Wedges Dinner Roll</p> <p>Chicken Sliders Potato Wedges</p>	<p><b>22</b></p> <p>Corn Dogs Potato Wedges</p> <p>Cheeseburger Potato Wedges</p>	<p><b>23</b></p> <p>Beef, Bean &amp; Cheese Burrito Nacho Cheese Sauce</p> <p>Chicken Fingers Mac &amp; Cheese Galaxy Sauce</p>	<p><b>24</b></p> <p>Pancakes Chicken Sausages Hash Browns</p> <p>Crispy Chicken Sandwich Potato Wedges</p>	<p><b>25</b></p> <p>Cheese or Turkey Sausage Pizza</p> <p>Make Your Own Chicken Caesar Salad Dinner Rolls</p>
<p><b>28</b></p> <p>Crispy Chicken Sandwich</p> <p>Cheeseburger</p> <p>Potato Wedges</p>	<p><b>29</b></p> <p>Mongolian Beef Jasmine Rice</p> <p>Beef Rib Sandwich Potato Wedges</p>	<p><b>30 NACHO DAY</b></p> <p>Seasoned Beef Refried Beans Cheese Sauce Tortilla Chips</p> <p>Hot &amp; Spicy Chicken Sandwich Potato Wedges</p>	<p><b>31 MN THURSDAY!</b></p> <p>Swedish Meatballs Mashed Potatoes Dinner Roll</p> <p>Spicy Grilled Cheese Potato Wedges</p> 	<p><b>November 1</b></p> <p>Italian Dunker Marinara Sauce</p> <p>Make Your Own Chicken Caesar Salad Dinner Rolls</p>

Choice bar and milk are available at every meal.

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