

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 NO SCHOOL TODAY! </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

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

LUNCH MENU

<p>September 30 Crispy Chicken Sandwich Soybutter Sandwich Potato Wedges Peaches</p>	<p>October 1 Mongolian Beef Jasmine Rice Soybutter Sandwich Broccoli Applesauce</p>	<p>2 NACHO DAY Seasoned Beef Refried Beans Cheese Sauce Tortilla Chips Soybutter Sandwich Sliced Apples</p>	<p>3  </p>	<p>4 Italian Dunker Marinara Sauce Soybutter Sandwich Strawberry Applesauce</p>
<p>7 Penne Pasta Meat Sauce or Marinara Sauce Dinner Roll Soybutter Sandwich Orange Wedges</p>	<p>8 Chicken Teriyaki Jasmine Rice Soybutter Sandwich Broccoli Applesauce</p>	<p>9 TACO DAY Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell Salsa Soybutter Sandwich Sliced Apples</p>	<p>10 Chicken Fingers Mac & Cheese Galaxy Sauce Soybutter Sandwich Baby Carrots Banana</p>	<p>11 Cheese or Turkey Sausage Pizza Soybutter Sandwich Sliced Cucumber Orange Wedges</p>
<p>NATIONAL SCHOOL LUNCH WEEK ~ OCTOBER 14-18</p>				
<p>Chicken Alfredo Penne Pasta Soybutter Sandwich Green Beans Mixed Fruit</p>	<p>Beef Bulgogi Jasmine Rice Soybutter Sandwich Broccoli Applesauce</p>	<p>Chicken Fingers Soybutter Sandwich Potato Wedges Sliced Appes</p>	<p>No School October 17-18 For food resources: SPPS.org/NS</p>	
<p>21 Glazed Chicken Bites Dinner Roll Soybutter Sandwich Potato Wedges Orange Wedges</p>	<p>22 Grilled Cheese Soybutter Sandwich Potato Wedges Applesauce</p>	<p>23 Beef, Bean & Cheese Burrito Nacho Cheese Sauce Soybutter Sandwich Salad Sliced Apples</p>	<p>24 Pancakes Chicken Sausages Soybutter Sandwich Hash Browns Banana</p>	<p>25  </p>
<p>28 Crispy Chicken Sandwich Soybutter Sandwich Potato Wedges Peaches</p>	<p>29 Mongolian Beef Jasmine Rice Soybutter Sandwich Broccoli Applesauce</p>	<p>30 NACHO DAY Seasoned Beef Refried Beans Cheese Sauce Tortilla Chips Soybutter Sandwich Sliced Apples</p>	<p>31 MN THURSDAY! Swedish Meatballs Dinner Roll Soybutter Sandwich Mashed Potatoes  Apple</p>	<p>November 1 Italian Dunker Marinara Sauce Soybutter Sandwich Strawberry Applesauce</p>

Milk is available at every meal. Menu subject to change.
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