

BREAKFAST MENU

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| <p>2 Saint Paul Sunrise Croissant OR Teriyaki Chicken Rice Bowl Grapes</p> | <p>3 Mini Cinnamon Rolls OR Chicken & Vegetable Dumplings Apple Slices</p> | <p>4 Banana Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p> | <p>5 Strawberry Cream Cheese Bagel OR Chicken & Vegetable Dumplings Apple Slices</p> | <p>6 Caramel Mini Cinnamon Rolls OR Chicken Teriyaki Rice Bowl Banana</p> |
| <p>9 Mini Pancake Bites with Syrup OR Teriyaki Chicken Rice Bowl Grapes</p> | <p>10 Mini Cinnamon Rolls OR Chicken & Vegetable Dumplings Apple Slices</p> | <p>11 Chocolate Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p> | <p>12 Strawberry Cream Cheese Bagel OR Chicken & Vegetable Dumplings Apple Slices</p> | <p>13 Mini Cinnamon Rolls OR Teriyaki Chicken Rice Bowl Banana</p> |
| <p>16 Saint Paul Sunrise Sandwich OR Teriyaki Chicken Rice Bowl Grapes</p> | <p>17 Mini Cinnamon Rolls OR Chicken & Vegetable Dumplings Apple Slices</p> | <p>18 Banana Chocolate Chip Muffin OR Teriyaki Chicken Rice Bowl Banana</p> | <p>19 Strawberry Cream Cheese Bagel OR Chicken & Vegetable Dumplings Apple Slices</p> | <p>20 Caramel Mini Cinnamon Rolls OR Chicken Teriyaki Rice Bowl Banana</p> |

ENJOY WINTER BREAK!



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

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| <p>2</p> <p>Penne Pasta Meat Sauce or Marinara Sauce Dinner Roll Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>3</p> <p>Teriyaki Chicken Jasmine Rice Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>4 TACO DAY</p> <p>Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>5</p> <p>Chicken Fingers Mac & Cheese Galaxy Sauce Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>6</p> <p>Cheese or Turkey Sausage Pizza Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> |
| <p>9</p> <p>Turkey Hot Dog Potato Wedges Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>10</p> <p>Beef Bulgogi OR Tofu Bulgogi Jasmine Rice Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>11</p> <p>Oven Fried Chicken Sweet Potato Wedges Corn Muffin Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>12</p> <p>Cheeseburger Potato Wedges Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>13</p> <p>Italian Dunker Marinara Sauce Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> |
| <p>16</p> <p>Glazed Chicken Bites Potato Wedges Dinner Roll Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>17</p> <p>Corn Dog Sweet Potato Wedges Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>18</p> <p>Beef, Bean & Cheese Burrito Nacho Cheese Sauce Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>19</p> <p>Pancakes Chicken Sausages Hash Browns Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> | <p>20</p> <p>Cheese or Turkey Sausage Pizza Choice Bar</p> <p>Soybutter Sandwich Choice Bar</p> |

COMMUNITY FOOD RESOURCES

**RAMSEY
COUNTY**



**MN FOOD HELPLINE
1-888-711-1151**



**HOURS: MONDAY-FRIDAY
10 AM - 5 PM**

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

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