

BREAKFAST MENU

<p>1 Cinnamon Mini Cinnis Orange Cup</p>	<p>2 Chocolate Chocolate Chip Muffin Apple Slices</p>	<p>3 St. Paul Croissant Breakfast Sandwich Banana</p>	<p>4 Golden Hug Apple Caramel Muffin Apple</p>	<p>5 Egg & Cheese Omelet Pear Cup Frozen Fruit Cup</p>
<p>8 Turkey Sausage Breakfast Pizza Orange Cup</p>	<p>9 Chocolate Chocolate Chip Muffin Apple Slices</p>	<p>10 Sweet Heat Turkey Sausage & Cheese or Egg & Cheese Biscuit Banana</p>	<p>11 Banana Chocolate Chip Muffin Apple</p>	<p>12 French Toast Sticks Syrup Pear Cup Frozen Fruit Cup</p>
<p>15 Cinnamon Mini Cinnis Orange Cup</p>	<p>16 Chocolate Chocolate Chip Muffin Apple Slices</p>	<p>17 St. Paul Croissant Breakfast Sandwich Banana</p>	<p>18 Celebration Muffin Apple</p>	<p>19 Egg & Cheese Omelet Pear Cup Frozen Fruit Cup</p>



DAILY CHOICES

- Assorted Cereals
- Teriyaki Chicken Rice Bowl
- 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>1</p> <p>Penne Pasta Meat Sauce Garlic Knot</p> <p>Soybutter Sandwich</p> <p>Cucumbers Strawberries</p>	<p>2</p> <p>Beef or Tofu Bulgogi Jasmine Rice</p> <p>Soybutter Sandwich</p> <p>Broccoli Granny Smith Apple</p>	<p>3 TACO DAY</p> <p>Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell Lettuce Salsa</p> <p>Soybutter Sandwich</p> <p>Sliced Apples</p>	<p>4</p> <p>Chicken Fingers or Plant Based Tenders Mac & Cheese Galaxy Sauce</p> <p>Soybutter Sandwich</p> <p>Cucumbers Banana</p>	<p>5</p> <p>Chicken Nuggets or Plant Based Tenders Galaxy Sauce</p> <p>Soybutter Sandwich</p> <p>Mexican Rice Mixed Vegetables Applesauce Cup</p>
<p>8</p> <p>Grilled Cheese</p> <p>Soybutter Sandwich</p> <p>French Fries Carrots Strawberries</p>	<p>9</p> <p>Orange Chicken or Tofu Jasmine Rice</p> <p>Soybutter Sandwich</p> <p>Mixed Vegetables Granny Smith Apple</p>	<p>10</p> <p>Glazed Chicken Bites or Plant Based Tenders Corn Muffin</p> <p>Soybutter Sandwich</p> <p>Mashed Potatoes & Gravy Sliced Apples</p>	<p>11</p> <p>Cheeseburger or Veggie Burger</p> <p>Soybutter Sandwich</p> <p>French Fries Banana</p>	<p>12</p> <p>Cheese Pizza</p> <p>Soybutter Sandwich</p> <p>Cucumbers Applesauce Cup</p>
<p>15</p> <p>Cheese Tortellini Alfredo Sauce Shredded Cheese Garlic Knot</p> <p>Soybutter Sandwich</p> <p>Green Beans Strawberries</p>	<p>16</p> <p>Seasoned Beef Frito® Crunch Refried Beans Salsa</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>	<p>17</p> <p>Cheese and Green Chili Quesadilla Salsa</p> <p>Soybutter Sandwich</p> <p>Seasoned Tater Tots Sliced Apples</p>	<p>18</p> <p>French Toast Slice Chicken Sausage</p> <p>Soybutter Sandwich</p> <p>Hash Brown Banana</p>	<p>19</p> <p>Dill Chicken Sandwich or Veggie Burger</p> <p>Soybutter Sandwich</p> <p>French Fries Applesauce Cup</p>

Community Food Resources

School will be closed for winter break, but free food is still available in the community:

<p>Ramsey County</p>  	<p>MN Food Helpline</p>   <p>1-888-711-1151 M-F (10 AM-5 PM)</p>	<p>SPPS Nutrition Services</p>   <p>For more community food resources</p>
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Milk is available at every meal.

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