

HEAD START BREAKFAST MENU

<p>1</p> <p>Cinnamon Rice Chex Orange Cup Milk</p>	<p>2</p> <p>Cherry Vanilla Yogurt Apple Slices Milk</p>	<p>3</p> <p>Honey Cheerios™ Banana Milk</p>	<p>4</p> <p>Cherry Vanilla Yogurt Apple Slices Milk</p>	<p>5</p> <p>Pancake Bites Mango Applesauce Milk</p>
<p>8</p> <p>Cocoa Puffs™ Orange Cup Milk</p>	<p>9</p> <p>Cherry Vanilla Yogurt Apple Slices Milk</p>	<p>10</p> <p>Trix™ Cereal Banana Milk</p>	<p>11</p> <p>NO SCHOOL TODAY!</p> 	<p>12</p> <p>NO SCHOOL TODAY!</p> 
<p>15</p> <p>Cinnamon Rice Chex Orange Cup Milk</p>	<p>16</p> <p>Cherry Vanilla Yogurt Apple Slices Milk</p>	<p>17</p> <p>Honey Cheerios™ Banana Milk</p>	<p>18</p> <p>Cherry Vanilla Yogurt Apple Slices Milk</p>	<p>19</p> <p>Pancake Bites Mango Applesauce Milk</p>



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

HEAD START 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 Cucumbers Strawberries</p>	<p>9</p> <p>Orange Chicken or Tofu Jasmine Rice</p> <p>Soybutter Sandwich</p> <p>Mixed Vegetables Granny Smith Apple Wedges</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>NO SCHOOL TODAY!</p> 	<p>12</p> <p>NO SCHOOL TODAY!</p> 
<p>15</p> <p>Cheese Tortellini Alfredo Sauce Shredded Cheese</p> <p>Soybutter Sandwich</p> <p>Green Beans Strawberries</p>	<p>16</p> <p>Seasoned Beef Tortilla Shell 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:

Ramsey County



MN Food Helpline



1-888-711-1151
M-F (10 AM-5 PM)



SPPS Nutrition Services



For more community
food resources



Milk is served at every meal.
Menu subject to change.
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DECEMBER SNACK MENU

<p>1 Blueberry Mini Loaf Tropical Fruit Punch Juice Box</p>	<p>2 Whole Grain Cheddar Goldfish Grape Juice Box</p>	<p>3 Educational Crackers Strawberry Kiwi Juice Box</p>	<p>4 Vanilla Goldfish Graham Grape Juice Box</p>	<p>5 Heartzels® Pretzels Tropical Fruit Punch Juice Box</p>
<p>8 Cheez-It® Crackers Strawberry Kiwi Juice Box</p>	<p>9 Blueberry Mini Loaf Tropical Fruit Punch Juice Box</p>	<p>10 Whole Grain Cheddar Goldfish Grape Juice Box</p>	<p>11 NO SCHOOL TODAY!</p> 	<p>12 NO SCHOOL TODAY!</p> 
<p>15 Heartzels® Pretzels Tropical Fruit Punch Juice Box</p>	<p>16 Cheez-It® Crackers Strawberry Kiwi Juice Box</p>	<p>17 Blueberry Mini Loaf Tropical Fruit Punch Juice Box</p>	<p>18 Whole Grain Cheddar Goldfish Grape Juice Box</p>	<p>19 Educational Crackers Strawberry Kiwi Juice Box</p>

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