

## BREAKFAST MENU

<p><b>1</b> Chocolate Chocolate Chip Muffin Orange Cup Milk</p>	<p><b>2</b> Cinnamon Chex™ Cereal String Cheese Apple Slices Milk</p>	<p><b>3</b> Honey Cheerios™ Yogurt Banana Milk</p>	<p><b>4</b> Golden Hug Apple Caramel Muffin Apple Slices Milk</p>	<p><b>5</b> Pancake Bites Mango Applesauce Milk</p>
<p><b>8</b> Chocolate Chocolate Chip Muffin Orange Cup Milk</p>	<p><b>9</b> Cocoa Puffs™ Cereal Yogurt Apple Slices Milk</p>	<p><b>10</b> Trix™ Cereal String Cheese Banana Milk</p>	<p><b>11</b> Banana Chocolate Chip Muffin Apple Slices Milk</p>	<p><b>12</b> Maple Waffle Applesauce Milk</p>
<p><b>15</b> Chocolate Chocolate Chip Muffin Orange Cup Milk</p>	<p><b>16</b> Cinnamon Chex™ Cereal String Cheese Apple Slices Milk</p>	<p><b>17</b> Honey Cheerios™ Yogurt Banana Milk</p>	<p><b>18</b> Celebration Muffin Apple Slices Milk</p>	<p><b>19</b> Pancake Bites Mango Applesauce Milk</p>



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