

## BREAKFAST MENU

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



### DAILY CHOICES

- Teriyaki Chicken Rice Bowl
- Assorted Cereals
- Yogurt
- String Cheese
- Juice
- Milk

- 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 or Marinara Sauce Garlic Knot</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>	<p><b>2</b></p> <p>Beef or Tofu Bulgogi Jasmine Rice</p> <p>Soybutter Sandwich</p> <p>Broccoli Choice Bar</p>	<p><b>3 TACO DAY</b></p> <p>Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>	<p><b>4</b></p> <p>Pancakes Chicken Sausages</p> <p>Soybutter Sandwich</p> <p>Hash Browns Choice Bar</p>	<p><b>5</b></p> <p>Oven Roasted Chicken Thighs or Plant Based Tenders</p> <p>Soybutter Sandwich</p> <p>Mexican Rice Mixed Vegetables Choice Bar</p>
<p><b>8</b></p> <p>Regular or Spicy Grilled Cheese Sandwich</p> <p>Soybutter Sandwich</p> <p>French Fries Choice Bar</p>	<p><b>9</b></p> <p>Orange Chicken or Tofu Jasmine Rice</p> <p>Soybutter Sandwich</p> <p>Mixed Vegetables Choice Bar</p>	<p><b>10</b></p> <p>Oven Fried Chicken or Plant Based Tenders Corn Muffin</p> <p>Soybutter Sandwich</p> <p>Mashed Potatoes and Gravy Choice Bar</p>	<p><b>11</b></p> <p>Cheeseburger or Veggie Burger</p> <p>Soybutter Sandwich</p> <p>French Fries Choice Bar</p>	<p><b>12</b></p> <p>Cheese or Turkey Sausage Pizza</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>
<p><b>15</b></p> <p>Cheese Tortellini Alfredo Sauce Shredded Cheese Garlic Knots</p> <p>Soybutter Sandwich</p> <p>Green Beans Choice Bar</p>	<p><b>16</b></p> <p>Chicken Tinga Frito® Crunch Refried Beans Shredded Cheese Salsa</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>	<p><b>17</b></p> <p>Beef, Bean &amp; Cheese Burrito Seasoned Tater Tots Salsa</p> <p>Soybutter Sandwich</p> <p>Corn Choice Bar</p>	<p><b>18</b></p> <p>French Toast Slices Chicken Sausages</p> <p>Soybutter Sandwich</p> <p>Hash Browns Choice Bar</p>	<p><b>19</b></p> <p>Dill Chicken Sandwich or Veggie Burger</p> <p>Soybutter Sandwich</p> <p>French Fries Choice Bar</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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