

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

- Teriyaki Chicken Rice Bowl
- 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

<p>1</p> <p>Penne Pasta Meat Sauce or Marinara Sauce Garlic Knot</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>	<p>2</p> <p>Beef or Tofu Bulgogi Jasmine Rice</p> <p>Soybutter Sandwich</p> <p>Broccoli Choice Bar</p>	<p>3 TACO DAY</p> <p>Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell Salsa</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>	<p>4</p> <p>Chicken Fingers or Plant Based Tenders Mac & Cheese Galaxy Sauce</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>	<p>5</p> <p>Oven Roasted Chicken Drumstick or Plant Based Tenders <i>(Pre-K Students)</i> Chicken Nuggets</p> <p>Soybutter Sandwich</p> <p>Mexican Rice Mixed Vegetables Choice Bar</p>
<p>8</p> <p>Grilled Cheese Sandwich</p> <p>Soybutter Sandwich</p> <p>French Fries Choice Bar</p>	<p>9</p> <p>Orange Chicken or Tofu Jasmine Rice</p> <p>Soybutter Sandwich</p> <p>Mixed Vegetables Choice Bar</p>	<p>10</p> <p>Oven Fried Chicken or Plant Based Tenders <i>(Pre-K Students - Glazed Chicken Bites)</i> Corn Muffin</p> <p>Soybutter Sandwich</p> <p>Mashed Potatoes and Gravy Choice Bar</p>	<p>11</p> <p>Cheeseburger or Veggie Burger</p> <p>Soybutter Sandwich</p> <p>French Fries Choice Bar</p>	<p>12</p> <p>Cheese or Turkey Sausage Pizza</p> <p>Soybutter Sandwich</p> <p>Choice Bar</p>
<p>15</p> <p>Cheese Tortellini Alfredo Sauce Shredded Cheese Garlic Knot</p> <p>Soybutter Sandwich</p> <p>Green Beans Choice Bar</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 Quesadillas Salsa</p> <p>Soybutter Sandwich</p> <p>Seasoned Tater Tots Choice Bar</p>	<p>18</p> <p>French Toast Slices Chicken Sausages</p> <p>Soybutter Sandwich</p> <p>Hashbrowns Choice Bar</p>	<p>19</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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Choice bar and milk are available at every meal.

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