

BREAKFAST MENU

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



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