

SEPTEMBER BREAKFAST MENU

7 No School 	8 Chocolate Chocolate Chip Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	9 Cinnamon Swirl Breakfast Sandwich OR Teriyaki Chicken Rice Bowl Banana	10 Strawberry Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	11 Plain Bagel Strawberry Cream Cheese Grape Jelly OR Teriyaki Chicken Rice Bowl Apple Mango Bar
14 Cinnamon Mini Cinnis OR Teriyaki Chicken Rice Bowl Mandarin Orange Cup	15 Chocolate Chocolate Chip Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	16 St. Paul Croissant Breakfast Sandwich OR Teriyaki Chicken Rice Bowl Banana	17 Lemon Blueberry Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	18 Strawberry Boli OR Teriyaki Chicken Rice Bowl Apple Mango Bar
21 No School 	22 Chocolate Chocolate Chip Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	23 Cinnamon Swirl Breakfast Sandwich OR Teriyaki Chicken Rice Bowl Banana	24 Banana Chocolate Chip Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	25 Plain Bagel Strawberry Cream Cheese Grape Jelly OR Teriyaki Chicken Rice Bowl Apple Mango Bar
28 Cinnamon Mini Cinnis OR Teriyaki Chicken Rice Bowl Mandarin Orange Cup	29 Chocolate Chocolate Chip Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	30 St. Paul Croissant Breakfast Sandwich OR Teriyaki Chicken Rice Bowl Banana	Oct 1 Celebration Muffin OR Teriyaki Chicken Noodle Bowl Apple Slices	2 Strawberry Boli OR Teriyaki Chicken Rice Bowl Apple Mango Bar

DAILY CHOICES

- Assorted Cereals
- Juice
- Milk

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

SEPTEMBER LUNCH MENU

7 No School



8 Nacho Day
Seasoned Beef
Cheese Sauce
Tortilla Chips

Soybutter Sandwich

Refried Beans

9 Italian Dunker
Marinara Sauce

Soybutter
Sandwich

Corn

10 Crispy or
Hot Spicy Chicken
Sandwich
or Veggie Burger

Soybutter Sandwich

French Fries

11 Lemon Chicken
or Tofu
White Rice

Soybutter Sandwich

Broccoli

14 Penne Pasta
with Meat Sauce
or Marinara Sauce
Garlic Toast

Soybutter
Sandwich

15 Chicken Burrito
Bowl
Cilantro Lime Rice
Charro Beans
Shredded Cheese

Soybutter Sandwich

16 Big Daddy's™
Cheese or
Turkey Pepperoni
Pizza

Soybutter
Sandwich

Corn

17 Oven Fried
Chicken Drumstick or
Plant Based Tenders
Corn Muffin

Soybutter Sandwich

Mashed Potatoes
and Gravy

18 Beef or Tofu
Bulgogi
White Rice

Soybutter Sandwich

Broccoli

21 No School



22 Walking Tacos
Fritos®
Chicken Tinga
Shredded Cheese

Soybutter Sandwich

Refried Beans

23 Italian Dunkers
with Marinara
Sauce

Soybutter
Sandwich

Corn

24 Brunch for Lunch
Pancakes
with Syrup
Chicken Sausages
or Plant Based
Tenders

Soybutter Sandwich

Hash Browns

25 General Tso's
Chicken or Tofu
Noodle Bowl with
Stir Fry Vegetables

Soybutter Sandwich

28 Special Menu!
Chicken and
Black Bean Bowl
with Rice
Plantain
Chilero
Queso Fresco

Soybutter
Sandwich

29 Big Daddy's™
Cheese or
Turkey Sausage
Pizza

Soybutter Sandwich

Corn

30 Tacos
Seasoned Beef
Shredded Cheese
Tortillas

Soybutter
Sandwich

Refried Beans

Oct. 1 MN Thursday
Turkey Hot Dog or
Grilled Cheese
Sandwich

Soybutter Sandwich

Corn on the Cob
Sweet Potato
Wedges
Watermelon

2 Lemon Pepper
Chicken Wings
or Plant Based
Tenders
Mac & Cheese
Corn Muffin

Soybutter Sandwich