

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
- Yogurt
- String Cheese
- Juice
- Milk

SPECIAL FEATURES

- Cool Tropics Slushies
(100% Juice) (Monday & Friday)
- Whole Grain Super Stick
(Monday, Wednesday, Friday)



- 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

Choice of Cold
Entrees

Refried Beans

9 Italian Dunker
Marinara Sauce

Choice of Cold
Entrees

Build Your Own
Caesar Salad
Corn

10 Crispy or
Hot Spicy Chicken
Sandwich
or Veggie Burger

Choice of Cold
Entrees

French Fries

11 Lemon Chicken
or Tofu
White Rice

Grilled Cheese
Sandwich or
Choice of Cold
Entrees

Broccoli

14 Penne Pasta
with Meat Sauce or
Marinara Sauce
Garlic Toast

Choice of Cold
Entrees

15 Chicken Burrito
Bowl
Cilantro Lime Rice
Shredded Cheese

Choice of Cold
Entrees

Charro Beans

16 Big Daddy's™
Cheese or
Turkey Pepperoni
Pizza

Choice of Cold
Entrees

Build Your Own
Caesar Salad
Corn

17 Oven Fried
Chicken Drumstick or
Plant Based Tenders
(*Pre-K Chicken
Nuggets*)
Corn Muffin

Choice of Cold
Entrees

Mashed Potatoes
and Gravy

18 Beef or Tofu
Bulgogi
White Rice

Grilled Cheese
Sandwich or
Choice of Cold
Entrees

Broccoli

21 No School



22 Walking Tacos
Fritos®
Seasoned Beef
Shredded Cheese

Choice of Cold
Entrees

Refried Beans

23 Pizza Crunchers
with Marinara
Sauce

Choice of Cold
Entrees

Build Your Own
Caesar Salad
Corn

24 Brunch for Lunch
Pancakes
with Syrup
Chicken Sausages

Choice of Cold
Entrees

Hash Browns

25 Chicken Fingers
or Plant Based
Tenders
Galaxy Sauce

Choice of Cold
Entrees

French Fries

28 Special Menu!

Chicken and
Black Bean Bowl
with Rice
Plantain
Chilero
Queso Fresco

Choice of Cold
Entrees

29 Big Daddy's™
Cheese or
Turkey Sausage
Pizza

Choice of Cold
Entrees

Build Your Own
Caesar Salad
Corn

30 Tacos
Seasoned Beef
Shredded Cheese
Hard Shell Corn
Tortillas

Choice of Cold
Entrees

Refried Beans

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

Choice of Cold
Entrees

Corn on the Cob
Sweet Potato
Wedges
Watermelon

2 Lemon Pepper
Chicken Wings
or Plant Based
Tenders,
(*Pre-K Chicken
Nuggets*)
Mac & Cheese
Corn Muffin

Choice of Cold
Entrees

Cold Entrees: Cheese Pizza Anytimer®, Turkey & Cheese Mini Subs, Soybutter Sandwich

• The choice bar and milk are available at every meal. • Menu subject to change.

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