

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
Refried Beans
Cheese Sauce
Tortilla Chips

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries

9 Italian Dunker
Marinara Sauce
Corn

Chicken Fingers
or Plant Based
Tenders Basket
with French Fries
Garlic Toast

10 French Toast
Slices with Syrup
Chicken Sausages
Hash Browns

Cheeseburger or
Veggie Burger
French Fries

11 Lemon
Chicken or Tofu
White Rice
Broccoli

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries

14 Penne Pasta
with Meat Sauce
or Marinara Sauce
Garlic Toast

Cheeseburger or
Veggie Burger
French Fries

15 Chicken Burrito Bowl
Cilantro Lime Rice
Charro Beans
Shredded Cheese

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries

16 Big Daddy's™
Cheese or
Turkey Pepperoni
Pizza
Corn

Chicken Fingers
or Plant Based
Tenders Basket
with French Fries
Garlic Toast

17 Oven Fried
Chicken Drumstick or
Plant Based Tenders
Mashed Potatoes
and Gravy
Corn Muffin

Cheeseburger or
Veggie Burger
French Fries

18 Beef or Tofu
Bulgogi
White Rice
Broccoli

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries

21 No School



22 Walking Tacos
Fritos®
Chicken Tinga
Refried Beans
Shredded Cheese

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries

23 Italian Dunkers
with
Marinara Sauce
Corn

Chicken Fingers
or Plant Based
Tenders Basket
with French Fries
Garlic Toast

24 Brunch for Lunch
Pancakes
with Syrup
Chicken Sausages
Hash Browns

Cheeseburger or
Veggie Burger
French Fries

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

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries

28 Special Menu!

Chicken and
Black Bean Bowl
with Rice
Plantain
Chilero
Queso Fresco

Cheeseburger or
Veggie Burger
French Fries

29 Big Daddy's™
Cheese or
Turkey Sausage
Pizza
Corn

Chicken Finger
Basket with
French Fries
Garlic Toast

30 Tacos
Seasoned Beef
Refried Beans
Tortillas
Shredded Cheese

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries

Oct. 1 MN Thursday
Turkey Hot Dog
Corn on the Cob
Sweet Potato
Wedges

Cheeseburger or
Veggie Burger
French Fries

Watermelon

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

Crispy or Hot &
Spicy Chicken
Sandwich
or Veggie Burger
French Fries