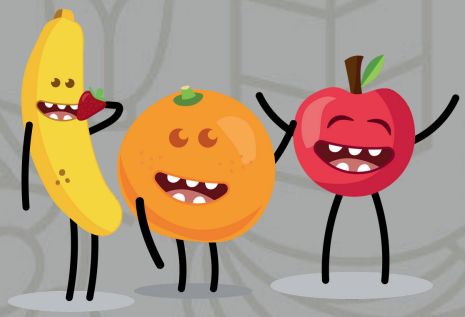
NUTRITION SERVICES
Saint Paul Public Schools

DECEMBER HEAD START BREAKFAST



Nov 30 Cocoa Puffs™ Cereal Mandarin Orange Cup Milk	**Dec 1** Yogurt Apple Slices Milk	**2** Trix™ Cereal Banana Milk	**3** Yogurt Apple Slices Milk	**4** Whole Grain Super Stick Apple Mango Fruit Bar Milk
7 Cinnamon Rice Chex™ Cereal Orange Cup Milk	**8** Yogurt Apple Slices Milk	**9** Honey Cheerios™ Cereal Banana Milk	**10** Trix Cereal Yogurt Peach Cup Milk	**11 NO SCHOOL** 
14 Cocoa Puffs™ Cereal Mandarin Orange Cup Milk	**15** Yogurt Apple Slices Milk	**16** Trix™ Cereal Banana Milk	**17** Yogurt Apple Slices Milk	**18** Whole Grain Super Stick Apple Mango Bar Milk
21 Cinnamon Rice Chex™ Cereal Orange Cup Milk	**22** Yogurt Apple Slices Milk	**23** Honey Cheerios™ Cereal Banana Milk	**24** **No School** 	**25** **No School** 



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

DECEMBER HEAD START LUNCH

NUTRITION SERVICES
Saint Paul Public Schools

Nov 30 Cheeseburger Sliders Soybutter Sandwich French Fries Apple	**Dec 1** Taco Day Seasoned Beef Cheese Sauce Tortilla Shell Lettuce Salsa Soybutter Sandwich Refried Beans Strawberries	**2** Italian Dunker Marinara Sauce Soybutter Sandwich Corn Apple Slices	**3** Crispy Chicken Sandwich Soybutter Sandwich Lettuce French Fries Banana	**4** Lemon Chicken White Rice Grilled Cheese or Soybutter Sandwich Broccoli Applesauce Cup
7 Penne Pasta with Meat Sauce Garlic Toast Soybutter Sandwich Cucumber Slices Pear Cup	**8** Glazed Chicken Bites Soybutter Sandwich Seasoned Tater Tots Strawberries	**9** Big Daddy's™ Cheese Pizza Soybutter Sandwich Corn Cucumber Slices Apple Slices	**10** Chicken Nuggets Corn Muffin Soybutter Sandwich Mashed Potatoes and Gravy Banana	**11** **NO SCHOOL** 
14 Cheeseburger Soybutter Sandwich French Fries Apples	**15** Seasoned Beef Tortilla Shell Shredded Cheese Lettuce Salsa Soybutter Sandwich Refried Beans Strawberries	**16** Pizza Crunchers with Marinara Sauce Soybutter Sandwich Corn Cucumber Slices Apple Slices	**17** Brunch for Lunch Pancake with Syrup Chicken Sausages Soybutter Sandwich Hash Brown Banana	**18** Chicken Finger Basket Galaxy Sauce Soybutter Sandwich French Fries Applesauce Cup
21 Sliced Turkey and Gravy Cranberry Sauce Soybutter Sandwich Mashed Potatoes Pear Cup	**22** Taco Day Seasoned Beef Shredded Cheese Lettuce Salsa Tortilla Shell Soybutter Sandwich Refried Beans Strawberries	**23** Soybutter Sandwich Dragon Juice Pear Cup Goldfish Crackers	**24** **NO SCHOOL** 	**25** **NO SCHOOL** 

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

DECEMBER HEAD START SNACK

Nov 30 Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	**Dec 1** Educational Crackers Very Berry Juice Box	**2** Vanilla Goldfish Graham Orange Tangerine Juice Box	**3** Heartzels® Pretzels Tropical Fruit Punch Juice Box	**4** Cheez-It® Crackers Apple Juice Box
7 French Toast Mini Loaf Tropical Fruit Punch Juice Box	**8** Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	**9** Educational Crackers Very Berry Juice Box	**10** Vanilla Goldfish Graham Orange Tangerine Juice Box	**11** Heartzels® Pretzels Tropical Fruit Punch Juice Box
14 Cheez-It® Crackers Apple Juice Box	**15** French Toast Mini Loaf Tropical Fruit Punch Juice Box	**16** Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	**17** Educational Crackers Very Berry Juice Box	**18** Vanilla Goldfish Graham Orange Tangerine Juice Box
21 Heartzels® Pretzels Tropical Fruit Punch Juice Box	**22** Cheez-It® Crackers Apple Juice Box	**23** French Toast Mini Loaf Milk	**24 No School** 	**25 No School** 

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

