# DECEMBER BREAKFAST MENU

Saint Paul Public Schools NUTRITION SERVICES

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| **Nov 30**<br>Cheesy Breadstick<br>OR Teriyaki Chicken Rice Bowl<br><br>Mandarin Orange Cup | **Dec 1** Chocolate Chocolate Chip Muffin<br>OR Teriyaki Chicken Noodle Bowl<br><br>Apple Slices | **2** Cinnamon Swirl Breakfast Sandwich<br>OR Teriyaki Chicken Noodle Bowl<br><br>Banana | **3** Strawberry Muffin<br>OR Teriyaki Chicken Noodle Bowl<br><br>Apple Slices | **4** Plain Bagel<br>Strawberry Cream Cheese<br>Grape Jelly<br>OR Teriyaki Chicken Rice Bowl<br><br>Apple Mango Bar |
| **7** Cinnamon Mini Cinnis<br>OR Teriyaki Chicken Rice Bowl<br><br>Mandarin Orange Cup | **8** Chocolate Chocolate Chip Muffin<br>OR Teriyaki Chicken Noodle Bowl<br><br>Apple Slices | **9** St. Paul Croissant Breakfast Sandwich<br>OR Teriyaki Chicken Rice Bowl<br><br>Banana | **10**<br>Lemon Blueberry Muffin<br>OR Teriyaki Chicken Noodle Bowl<br><br>Apple Slices | **11**<br>Strawberry Boli<br>OR Teriyaki Chicken Rice Bowl<br><br>Apple Mango Bar |
| **14**<br>Cheesy Breadstick<br>OR Teriyaki Chicken Rice Bowl<br><br>Mandarin Orange Cup | **15** Chocolate Chocolate Chip Muffin<br>OR Teriyaki Chicken Noodle Bowl<br><br>Apple Slices | **16** Cinnamon Swirl Breakfast Sandwich<br>OR Teriyaki Chicken Noodle Bowl<br><br>Banana | **17** Banana Chocolate Chip Muffin<br>OR Teriyaki Chicken Noodle Bowl<br><br>Apple Slices | **18** Plain Bagel<br>Strawberry Cream Cheese<br>Grape Jelly<br>OR Teriyaki Chicken Rice Bowl<br><br>Apple Mango Bar |
| **21** Cinnamon Mini Cinnis<br>OR Teriyaki Chicken Rice Bowl<br><br>Mandarin Orange Cup | **22** Chocolate Chocolate Chip Muffin<br>OR Teriyaki Chicken Noodle Bowl<br><br>Apple Slices | **23 NO SCHOOL**<br> | **24 NO SCHOOL**<br> | **27 NO SCHOOL**<br> |

## 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.

NUTRITION SERVICES
Saint Paul Public Schools

# DECEMBER LUNCH MENU

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| **Nov 30**<br>Cheeseburger Sliders<br>or Veggie Burger<br>French Fries<br><br>Gyro on Pita Bread<br>with Tzatziki Sauce<br>French Fries | **Dec 1** Nacho Day<br>Seasoned Beef<br>Refried Beans<br>Cheese Sauce<br>Tortilla Chips<br><br>Crispy or<br>Hot & Spicy<br>Chicken Sandwich<br>or Veggie Burger<br>French Fries | **2**<br>Italian Dunker<br>with<br>Marinara Sauce<br>Corn<br><br>Chicken Finger<br>Basket<br>with French Fries<br>Garlic Toast | **3** French Toast<br>Slices with Syrup<br>Chicken Sausages<br>Hash Browns<br><br>Cheeseburger or<br>Veggie Burger<br>French Fries | **4**<br>Lemon Chicken<br>and White Rice<br>Broccoli<br><br>Crispy or<br>Hot & Spicy<br>Chicken Sandwich<br>or Veggie Burger<br>French Fries |
| **7**<br>Penne Pasta<br>with Meat Sauce<br>or Marinara Sauce<br>Garlic Toast<br><br>Cheeseburger or<br>Veggie Burger<br>French Fries | **8** Tacos<br>Seasoned Beef<br>Refried Beans<br>Tortillas<br>Shredded Cheese<br><br>Crispy or<br>Hot & Spicy<br>Chicken Sandwich<br>or Veggie Burger<br>French Fries | **9** Big Daddy's™<br>Cheese or<br>Turkey Pepperoni<br>Pizza<br>Corn<br><br>Chicken Finger<br>Basket<br>with French Fries<br>Garlic Toast | **10** Oven Fried<br>Chicken Drumstick<br>or Chickenless<br>Nuggets<br>Corn Muffin<br>Mashed Potatoes<br>and Gravy<br><br>Cheeseburger or<br>Veggie Burger<br>French Fries | **11**<br>Beef Bulgogi<br>White Rice<br>Broccoli<br><br>Crispy or<br>Hot & Spicy<br>Chicken Sandwich<br>or Veggie Burger<br>French Fries |
| **14** Shredded Beef<br>Philly Sandwich<br>with Sliced Peppers<br>and Onions<br>Cheese Sauce<br>French Fries<br><br>Cheeseburger or<br>Veggie Burger<br>French Fries | **15** Walking Taco<br>Fritos®<br>Chicken Tinga<br>Refried Beans<br>Shredded Cheese<br><br>Crispy or<br>Hot & Spicy<br>Chicken Sandwich<br>or Veggie Burger<br>French Fries | **16**<br>Italian Dunker<br>with<br>Marinara Sauce<br>Corn<br><br>Chicken Fingers<br>Basket<br>with French Fries<br>Garlic Toast | **17**<br>Brunch for Lunch<br>Pancakes<br>with Syrup<br>Chicken Sausages<br>Hash Browns<br><br>Cheeseburger or<br>Veggie Burger<br>French Fries | **18** General Tso's<br>Chicken Noodle<br>Bowl with<br>Stir Fry Vegetables<br>Chicken or<br>Vegetable Egg Roll<br><br>Crispy or<br>Hot & Spicy<br>Chicken Sandwich<br>or Veggie Burger<br>French Fries |
| **21**<br>Sliced Turkey Melt<br>on Texas Toast<br>or Grilled Cheese<br>Sandwich<br>with Tomato Soup<br><br>Cheeseburger or<br>Veggie Burger<br>French Fries | **22** Chicken<br>Burrito Bowl<br>Cilantro Lime Rice<br>Charro Beans<br>Shredded Cheese<br><br>Crispy or<br>Hot & Spicy<br>Chicken Sandwich<br>or Veggie Burger<br>French Fries | **23 NO SCHOOL**<br> | **24 NO SCHOOL**<br> | **25 NO SCHOOL**<br> |

- The choice bar and milk are available at every meal.
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