

OCTOBER

SPRING LAKE PARK SCHOOL DISTRICT
SPRING LAKE PARK HIGH SCHOOL

ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>3 BREAKFAST – *Breakfast Pizza Chicken Tenders Mashed Potatoes w/Gravy Roasted Beets and Sweets  Fruit Choice Mini Rice Krispie Bar Alt – Deli Sandwich Grill – Roasted Chicken w/Pesto Aioli Sandwich and Seasoned French Fries</p>	<p>4 BREAKFAST – Bagel w/Cream Cheese Honey BBQ Chicken Bites Baked Beans Coleslaw Fruit Choice Cornbread Alt – Salad Bar Grill – Vegetarian Flatbread Pizza</p>	<p>5 BREAKFAST – Apple Strudel Rotini Pasta with Meat Sauce or Homemade Spaghetti Sauce  Whole Grain Breadstick Raspberry Vinaigrette Salad Fresh Baked Cookie Fruit Choice Alt – Baked Potato Bar w/Toppings Grill – Cheeseburger w/Season Fries</p>	<p>6 BREAKFAST – French Toast Sticks Big Daddy’s Cheese or *Pepperoni Pizza Roasted Butternut Squash  Tossed Salad w/Dressing Fruit Choice Alt – Chicken Caesar Wrap or Deli Sandwich Grill – Chicken Bites of Fire w/Baked Chips</p>	<p>7 BREAKFAST – Mini Cinni’s Chicken Stir Fry  Rice Vegetable Blend Fruit Choice Fortune Cookie Alt – Salad Bar Grill – BBQ Cheddar Chicken Sandwich w/Baked Chips</p>		
<p>10 BREAKFAST – Belgian Waffle Penne Pasta w/Roasted Chicken in Tomato Sauce Tossed Salad w/Dressing Garlic Bread Fruit Choice Alt – Choice of Wrap or Deli Sandwich Grill – Buffalo Chicken Sandwich w/Sweet Potato Fries</p>	<p>11 BREAKFAST – Yogurt Cup w/Fruit Muffin Mandarin Orange Chicken Stir Fry Vegetables Rice Fruit Choice Alt – Salad Bar Grill – Philly Beef Sandwich w/Baked Chips</p>	<p>12 BREAKFAST – Breakfast Taco Grilled Chicken or Beef Taco Assorted Fixings Spanish Rice Fruit Choice Alt – Chili Bar w/Topping and Corn Muffin Grill – Grilled Chicken w/Spinach and Artichoke Sandwich w/Pita Chips </p>	<p>13 BREAKFAST – Hot Egg & Cheese Bagel Sandwich Homemade Italian Cheese Bread w/Dipping Sauce  Pasta Salad Fresh Vegetable w/Dip Fruit Choice Alt – Choice of Deli Sandwich Grill – Turkey, Bacon and Ranch Wrap w/Sweet Potato Fries</p>	<p>14 School Not in Session</p>		
<p>17 BREAKFAST – *Breakfast Pizza Sloppy Joe on Bun w/Pickle  Mac and Cheese Green Beans Fruit Choice Alt – Choice of Deli Sandwich Grill – Roasted Chicken w/Pesto Aioli Sandwich and Seasoned French Fries</p>	<p>18 BREAKFAST – Bagel w/Cream Cheese Roasted Lemon Chicken  Rosemary Roasted Potatoes Vegetable Blend Fruit Choice Dinner Roll Alt – Choice of Entrée Salad Grill – Philly Beef Sandwich w/Baked Chips</p>	<p>19 School Not in Session</p>	<p>20 School Not in Session</p>	<p>21 School Not in Session</p>		
<p>24 BREAKFAST – Mini Pancakes Penne Pasta w/Roasted Chicken in Tomato Sauce Tossed Salad w/Dressing Garlic Bread Fruit Choice Alt – Choice of Wrap or Deli Sandwich Grill – Buffalo Chicken Sandwich w/Sweet Potato Fries</p>	<p>25 BREAKFAST – Yogurt Cup w/Fruit Muffin Mandarin Orange Chicken Stir Fry Vegetables Rice Fruit Choice Mini Egg Roll Alt – Choice of Entrée Salad Grill – Philly Beef Sandwich w/Baked Chips</p>	<p>26 BREAKFAST – Cherry Strudel Beef Burrito Assorted Fixings (lettuce/tomato/pico/cheese) Spanish Rice Fruit Choice Alt – Fruit & Yogurt Parfait w/Fruit Muffin Grill – Grilled Chicken w/Spinach and Artichoke Sandwich w/Pita Chips</p>	<p>27 BREAKFAST – Hot Egg & Cheese Bagel Sandwich Roast Turkey w/Mashed Potatoes & Gravy Golden Corn Fruit Choice Dinner Roll Alt – Choice of Deli Sandwich Grill – Cheeseburger on Bun w/Sweet Potato Fries</p>	<p>28 BREAKFAST – Oatmeal w/Toppings Grilled Chicken Fajitas Assorted Fixings Chili, Lime Rice Black Beans Fresh Vegetables w/Dip Fruit Choice Alt – Choice of Entrée Salad Grill – BBQ Cheddar Chicken Sandwich w/Seasoned Fries</p>		
<p>31 BREAKFAST – *Breakfast Pizza Grilled Chicken or Cheese Quesadilla Assorted Fixings Golden Corn Vegetable Salad Fruit Choice Alt – Salad Bar Grill – Grilled Ham and Cheese</p>	<p>*Denotes may contain pork. Menu subject to change due to product availability.</p>	<p> Read below about our new menu items!</p>			<p>Breakfast – Available Daily: Fruit or 100% Fruit Juice 1%, Skim or Skim Chocolate Milk Alternate choice is Cold Cereal w/Toast or Bagel</p>	<p>Lunch – Available Daily: 1%, Skim or Skim Chocolate Milk Fruit Choice – Fresh and Canned Bread Basket</p>

Make colorful choices. Everyday.

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NEW MENU ITEMS & RECIPES

This year the foodservice department is excited to introduce many new menu items and recipes. We welcome you to try them and tell us what you think. Samples are always available...happy eating!

Monday, Oct 3 - Roasted beets and sweets - Roasted beets and sweet potatoes lightly coated in a blend of seasonings

Wednesday, Oct 5 "Homemade" Spaghetti sauce – A blend of seasonings to compliment the right tomatoes

Thursday, Oct 6 - Roasted butternut squash - Local squash tossed in a sweet mixture of brown sugar and cinnamon

Friday, Oct 7 – Chicken Stir fry - Grilled chicken mixed in a tangy sauce served with steamed vegetables over a bed of rice

Wednesday, Oct 12 – Grilled chicken with spinach and artichoke sandwich – Our chef's specialty...you'll love it!

Thursday, Oct 13 – "Homemade" Italian cheese bread – Fresh baked French bread topped with a cheese blend served w/ spaghetti sauce

Monday, Oct 17 Sloppy Joe on bun– We continue to work on perfecting the recipe....we hope you like it

Tuesday, Oct 18 – Roasted lemon chicken w/roasted rosemary potatoes– Bone in chicken marinated in a light lemon sauce/fresh diced potatoes seasoned with rosemary

PAYMENT INFORMATION

PayPAMS, Check, Money Order

Cash is accepted but at your own risk.

Spring Lake Park School District Prices

	BREAKFAST	LUNCH	EXTRA MILK
Elementary	\$1.20	\$2.25	\$.50
Secondary	\$1.20	\$2.45	\$.50
Reduced-Price	\$0.00	\$0.40	\$.50
Adult	\$2.10	\$3.40	\$.50

FREE OR REDUCED PRICED MEALS

Applications for Educational Benefits are available on the district website under food service, in our kitchens and school offices.

MISSION STATEMENT



High expectations, high achievement for all. No excuses.

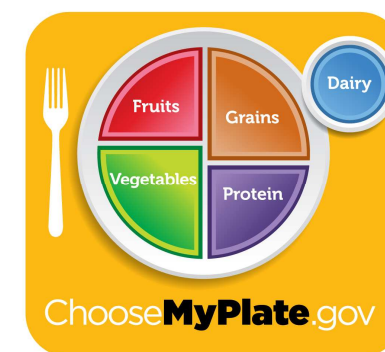
Food Service Department Contact Information

1415 81st Ave NE
Spring Lake Park 55432

Melissa Carlson, Food Service Secretary
Questions – Applications and student accounts
Phone – 763-785-5529

Amy Kimmel, RD,SNS
Food Service Coordinator
Phone – 763-785-5528

MY PLATE REPLACES THE PYRAMID.



Tip of the Day

For good health, eat a variety of foods from each food group every day.

Make colorful choices. Everyday.