



SPRING LAKE PARK PUBLIC SCHOOLS SEPTEMBER 2011 4-8 MENU

Mon	Tue	Wed	Thu	Fri
 <p style="font-size: small; margin: 0;">BLAINE • SPRING LAKE PARK • FRIDLEY</p>			1 School Not in Session	2 School Not in Session
5 School Not in Session	6 BKFST - Fruit Frudel Chicken Nuggets Macaroni and Cheese Green Beans Fruit Choice Alt: Deli Sandwich w/Chicken Noodle Soup	7 BKFST - Yogurt Cup w/Fruit Muffin Slice of Cheese or *Pepperoni Pizza Tossed Salad w/Dressing Fruit Choice Alt: Chicken Caesar Wrap	8 BKFST - Cinni Mini's *Sub Sandwich or Turkey Sandwich w/Toppings Sun Chips Fresh Vegetable w/Dip Fruit Choice Cookie Alt: Spicy Chicken on a Bun w/Chips	9 BKFST - *Hot Bagel Sandwich Curly Pasta w/Meat or Meatless Sauce Garlic Toast Strawberry Spinach Salad Fruit Choice Alt: Cheesy Quesadilla
12 BKFST - *Breakfast Pizza Cheeseburger on a Bun Assorted Toppings Baked Beans Fresh Vegetable w/Dip Fruit Choice Mini Ice Cream Sandwich Alt: Deli Sandwich w/Cup of Soup	13 BKFST - Egg Wrap Mini Pancakes *Sausage Links Oven Potatoes Fruit Choice Alt: Salad Bar	14 BKFST - Hot Cereal w/Toppings Mandarin Orange Chicken or Fruit and Yogurt Parfait w/Cheese Stick Fluffy Rice Vegetable Blend Mini Muffin Fruit Choice Alt: Sloppy Joes w/Baked Chips	15 BKFST - Belgian Waffle Hot Ham and Cheese Sandwich Tator Tots Steamed Broccoli Fruit Choice Alt: Chicken Bites of Fire w/Tator Tots	16 BKFST - Breakfast Bar Garlic Cheese Bread w/Dipping Sauce Tossed Salad w/Dressing Fruit Choice Alt: Potato Bar
19 BKFST - Cheese Omelet French Dip Sandwich w/au jus Italian Pasta Salad Fresh Vegetables w/Dip Fruit Choice Alt: Corn Dog w/Pasta Salad	20 BKFST - Fruit Frudel Chicken or Beef Tacos Assorted Fixings Mexican Rice Fruit Choice Alt: Deli Sandwich w/Cup of Soup	21 BKFST - Yogurt w/Fruit Muffin *Ranch Turkey Bacon Wrap or Grilled Chicken Sandwich Cup of Soup w/Crackers Tossed Salad w/Dressing Fruit Choice Alt: Ranch Turkey Bacon Wrap	22 BKFST - Cinni Mini's Meatball and Mashed Potato w/Gravy Bowl or Chicken Caesar Salad Corn Fruit Choice Dinner Roll Alt: Chicken Caesar Salad	23 BKFST - *Hot Bagel Sandwich BBQ Chicken Sandwich Sweet Potato Puffs Coleslaw Fruit Slush Alt: Hamburger on a Bun
26 BKFST - *Breakfast Pizza Chicken Parmesan over Curly Pasta Garlic Breadstick Tossed Salad w/Dressing Fruit Choice Alt: Deli Sandwich w/Cup of Soup	27 BKFST - Egg Wrap Hot Dog on a Bun or Chicken Caesar Wrap Cup of Chili w/Crackers Broccoli w/Cheese Sauce Fruit Choice Mini Rice Krispie Bar Alt: Salad Bar	28 BKFST - Hot Cereal w/Toppings Hot Egg and Cheese Sandwich or Chicken Patty on a Bun Oven Potatoes Fresh Vegetables w/Dip Fruit Choice Mini Cinnamon Roll Alt: Chicken Patty on a Bun	29 BKFST - Bagel w/Cream Cheese Oven Baked Chicken or Cobb Salad Wild Rice Blend Vegetable Blend Petite Biscuit Fruit Choice Alt: Pizza w/Salad	30 BKFST - Breakfast Bar Oven Roasted Turkey Gravy Mashed Potatoes Cranberry Sauce Green Beans Fruit Choice Alt: BBQ Chicken Bites w/Mashed Sweet Potatoes
PAYMENT OPTIONS: <ul style="list-style-type: none"> • PayPams • Check • Money Order • Cash is accepted but at your own risk. 	Lactose Free Milk is available upon written request by parent. Menu subject to change due to product availability. *Denotes may contain pork.	Breakfast - Available Daily: <ul style="list-style-type: none"> • Fruit or 100%Fruit Juice • 1%, Skim or Skim Chocolate Milk • Alternate choice is Cold Cereal w/Toast 	Lunch - Available Daily: <ul style="list-style-type: none"> • 1%, Skim or Skim Chocolate Milk • Fruit Choice - Fresh and Canned • Bread Basket <div style="text-align: center;">  <p>Denotes a new item this year. We welcome you to try the new items and give us your feedback. If you want a sample please ask! Thank you, The Food Service Department</p> </div>	

