



SPRING LAKE PARK PUBLIC SCHOOLS SEPTEMBER 2011, 9 - 12 MENU

Mon				
 <p style="font-size: small; margin: 0;">BLAINE • SPRING LAKE PARK • FRIDLEY</p>			1	2
School Not in Session			School Not in Session	School Not in Session
5	<p>6 BKFST - Fruit Frudel Chicken Nuggets Macaroni and Cheese Green Beans Fruit Choice</p> <p>Alt: Deli Sandwich Grill: Roasted Chicken & Pesto Aioli Ciabatta w/Seasoned Fries</p>	<p>7 BKFST - Yogurt Cup w/Fruit Muffin Slice of Cheese or *Pepperoni Pizza Tossed Salad w/Dressing Fruit Choice</p> <p>Alt: Chicken Caesar Wrap Grill: Ham & Cheese Baguette w/Baked Chips</p>	<p>8 BKFST - Cinni Mini's **Picnic** Hot Dog on a Bun Sun Chips Fresh Vegetable w/Dip Fruit Choice Cookie Alt: Deli Sandwich</p>	<p>9 BKFST - *Hot Bagel Sandwich Curly Pasta w/Meat or Meatless Sauce Garlic Toast Strawberry Spinach Salad Fruit Choice Alt: Roasted Chicken & Apple Salad Grill: Spicy Chicken w/Seasoned Fries</p>
<p>12 BKFST - *Breakfast Pizza Cheeseburger on a Bun Assorted Toppings Baked Beans Fresh Vegetables w/Dip Fruit Choice Mini Ice Cream Sandwich Alt: Salad Bar Grill: Buffalo chicken w/Frie</p>	<p>13 BKFST - Egg Wrap Mini Pancakes *Sausage Links Rosemary Roast Potatoes Fruit Choice</p> <p>Alt: Salad Bar Grill: Corn Dog w/Baked Chips</p>	<p>14 BKFST - Hot Cereal w/Toppings Mandarin Orange Chicken White Rice Vegetable Blend Mini Muffin Fruit Choice</p> <p>Alt: Fruit & Yogurt Parfait w/Mini Muffin Grill: Tomato/Basil Chicken Wrap</p>	<p>15 BKFST - Belgian Waffle Sub Sandwich Italian Pasta Salad Fresh Vegetable w/Dip Fruit Choice Cookie</p> <p>Alt: Deli Sandwich Grill: Chicken Tenders w/Seasoned Fries</p>	<p>16 BKFST - Scrambled Eggs w/Toast Italian Cheese Bread w/Tomato Sauce Tossed Salad w/Dressing Fruit Choice</p> <p>Alt: Salad Bar Grill: Beef Burrito w/Spanish Rice</p>
<p>19 BKFST - Cheese Omelet Spaghetti w/Meat Sauce Garlic Bread Salad w/Dressing Fruit Choice</p> <p>Alt: Salad Bar Grill: Roasted Chicken & Pesto Aioli Ciabatta w/Seasoned Fries</p>	<p>20 BKFST - Fruit Frudel Chicken or Beef Tacos Assorted Fixings Spanish Rice Fruit Choice</p> <p>Alt: Deli Sandwich Grill: Cheeseburger w/Baked Chips</p>	<p>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</p> <p>Alt: Taco Salad Grill: Philly Beef Hoagie w/Baked Chips</p>	<p>22 BKFST - Cinni Mini's Meatball and Mashed Potato w/Gravy Bowl Corn Fruit Choice Dinner Roll Alt: Deli Sandwich Grill: Herbed Chicken Wings Vegetable Stir Fry</p>	<p>23 BKFST - *Hot Bagel Sandwich BBQ Chicken Sandwich Sweet Potato Puffs Coleslaw Fruit Slush</p> <p>Alt: Tomato/Basil Soup Grill: Corn Dog w/Baked Chips</p>
<p>26 BKFST - *Breakfast Pizza Chicken Parmesan over Curly Pasta Garlic Breadstick Tossed Salad w/Dressing Fruit Choice</p> <p>Alt: Salad Bar Grill: Buffalo Chicken w/Seasoned Fries</p>	<p>27 BKFST - Egg Wrap Italian Sausage Cheesy Polenta Roasted Vegetables Fruit Choice</p> <p>Alt: Baked Potato Bar w/Cup of Chili Grill: Grilled Chicken Sandwich w/Sun Chips</p>	<p>28 BKFST - Hot Cereal w/Toppings Lemon Chicken Rosemary Roast Potatoes Fresh Vegetables w/Dip Fruit Choice</p> <p>Alt: Taco Salad Grill: Hot Egg and Cheese Sandwich w/Breakfast Potatoes</p>	<p>29 BKFST - Bagel w/Cream Cheese Oven Baked Chicken or Penne w/Tomato Cream Wild Rice Blend Vegetable Blend Petite Biscuit Fruit Choice Alt: Deli Sandwich Grill: Chicken Tenders w/French Fries</p>	<p>30 BKFST - Breakfast Bar Oven Roasted Turkey Gravy Cranberry Sauce Mashed Potatoes Green Beans Fruit Choice</p> <p>Alt: Minestrone Grill: Spicy Chicken w/Sweet Potato Fries</p>
<p>PAYMENT OPTIONS:</p> <ul style="list-style-type: none"> ● PayPAMS ● Check ● Money Order ● Cash is accepted but at your own risk. 	<p>Menu subject to change due to product availability.</p> <p>*Denotes may contain pork.</p>	<p>Breakfast - Available Daily:</p> <ul style="list-style-type: none"> ● Fruit or 100% Fruit Juice ● 1%, Skim or Skim Chocolate Milk ● Alternate choice is Cold Cereal w/ Toast, Bagel or Cinnamon Roll. 	<p>Lunch - Available Daily:</p> <ul style="list-style-type: none"> ● 1%, Skim or Skim Chocolate Milk ● Fruit Choice - Fresh and Canned ● Bread Basket <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>	

