<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 28</td>
<td>Strawberry Banana Smoothie Granola Bites Pear Cup</td>
</tr>
<tr>
<td>29</td>
<td>Chocolate Muffin Strawberry Yogurt Apple</td>
</tr>
<tr>
<td>30</td>
<td>Apple Filled Pastry Peach Cup</td>
</tr>
<tr>
<td>December 1</td>
<td>Mini Cinnamon Rolls Apple Slices</td>
</tr>
<tr>
<td>2</td>
<td>Mini Cinnamon Rolls Apple Slices</td>
</tr>
<tr>
<td>5</td>
<td>Mango Smoothie Smart Round Mixed Fruit Cup</td>
</tr>
<tr>
<td>6</td>
<td>Cheese &amp; Egg with Green Chile Salsa Burrito</td>
</tr>
<tr>
<td>7</td>
<td>Blueberry Muffin Strawberry Yogurt Strawberry Applesauce</td>
</tr>
<tr>
<td>8</td>
<td>Saint Paul Sunrise Sandwich Banana</td>
</tr>
<tr>
<td>9</td>
<td>Artisan Belgian Maple Waffle with Chocolate Spread Apple Slices</td>
</tr>
<tr>
<td>12</td>
<td>Strawberry Banana Smoothie Granola Bites Pear Cup</td>
</tr>
<tr>
<td>13</td>
<td>Chocolate Muffin Strawberry Yogurt Apple</td>
</tr>
<tr>
<td>14</td>
<td>Apple Filled Pastry Peach Cup</td>
</tr>
<tr>
<td>15</td>
<td>Saint Paul Sunrise Croissant Banana</td>
</tr>
<tr>
<td>16</td>
<td>Mini Cinnamon Rolls Apple Slices</td>
</tr>
<tr>
<td>19</td>
<td>Mango Smoothie Smart Round Mixed Fruit Cup</td>
</tr>
<tr>
<td>20</td>
<td>Cheese &amp; Egg with Green Chile Salsa Burrito</td>
</tr>
<tr>
<td>21</td>
<td>Saint Paul Sunrise Croissant Banana</td>
</tr>
<tr>
<td>22</td>
<td>Mini Cinnamon Rolls Apple Slices</td>
</tr>
<tr>
<td>23</td>
<td></td>
</tr>
</tbody>
</table>

**Daily Choices**

- Cinnamon Rice Chex Cereal
- Cheerios Cereal
- Yogurt
- String Cheese
- Rice Bowl (most locations)
- Juice
- Milk

For nutrient & allergen information, visit SchoolCafe.com/SPPS. Menu subject to change.

October 31—No school for PK-5, Schools that are PK-8, 6-8 grade students will be distance learning. This institution is an equal opportunity provider.
<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Options</th>
<th>Choice Bar</th>
</tr>
</thead>
</table>
| November 28 | Crispy Chicken Sandwich OR Veggie Burger  
             Crinkle Cut Fries  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 29        | Mongolian Beef OR Teriyaki Tofu  
             Jasmine Rice  
             Broccoli  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 30        | Oven Fried Chicken and Cornbread  
             OR Grilled Cheese  
             Mashed Potatoes and Gravy  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| Dec 1 MN Thursday | Swedish Meatballs  
                        Mashed Potatoes  
                        Dinner Roll  
                        Choice Bar  
                        Soybutter Sandwich  
                        Choice Bar |
| 2         | Italian Dunker with Marinara Sauce  
             Mixed Vegetables  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 5         | Meat Sauce OR Marinara Sauce over Penne Pasta  
             Garlic Toast  
             Green Beans  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 6         | Teriyaki Chicken OR Teriyaki Tofu  
             Jasmine Rice  
             Broccoli  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 7         | Cheeseburger OR Veggie Burger  
             Crinkle Cut Fries  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 8         | Pancakes  
             Chicken Sausage  
             Hash Browns  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 9         | Cheese OR Turkey Sausage Pizza  
             Make Your Own Caesar Salad  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 12        | Glazed Chicken Bites with Dinner Roll  
             OR Grilled Cheese  
             Crinkle Cut Fries  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 13        | Beef Bulgogi OR Tofu Bulgogi  
             Jasmine Rice  
             Broccoli  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 14        | Chicken and Chili Crispito with Queso Blanco OR Grilled Cheese  
             Refried Beans  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 15        | Southern Chicken OR Plant Based Tender Bowl  
             Roasted Corn Mix  
             Mashed Potatoes & Gravy  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 16        | Italian Dunker with Marinara Sauce  
             Mixed Vegetables  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 19        | Meatballs and Marinara Sauce Over Penne Pasta  
             Garlic Toast  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 20        | Orange Chicken OR Orange Tofu  
             Jasmine Rice  
             Broccoli  
             Choice Bar  
             Soybutter Sandwich  
             Choice Bar |
| 21        | No School!  
             Soybutter Sandwich  
             Choice Bar |
| 22        |  
             Soybutter Sandwich  
             Choice Bar |
| 23        |  
             Soybutter Sandwich  
             Choice Bar |