| 3  | Strawberry Banana Smoothie
Granola Bites
Pear Cup |
|----|--------------------------------------------------|
| 4  | Chocolate Chocolate Chip Muffin
Strawberry Yogurt
Apple |
| 5  | Apple Filled Pastry
Peach Cup |
| 6  | Saint Paul Sunrise Breakfast Croissant
Banana |
| 7  | Mini Cinnamon Rolls
Apple Slices |
| 10 | Mango Smoothie
Smart Round
Mixed Fruit Cup |
| 11 | Cheese & Egg with Green Chile
Salsa Breakfast Burrito
Apple |
| 12 | Blueberry Muffin
Strawberry Yogurt
Applesauce |
| 13 | Saint Paul Sunrise Breakfast Sandwich
Banana |
| 14 | Artisan Belgian Maple Waffle
with Chocolate Spread
Apple Slices |
| 17 | Strawberry Banana Smoothie
Granola Bites
Pear Cup |
| 18 | Chocolate Chocolate Chip Muffin
Strawberry Yogurt
Apple |
| 19 | Apple Filled Pastry
Peach Cup |
| 20 |  |
| 21 |  |
| 24 | Mango Smoothie
Smart Round
Mixed Fruit Cup |
| 25 | Cheese & Egg with Green Chile
Salsa Breakfast Burrito
Apple |
| 26 | Blueberry Muffin
Strawberry Yogurt
Applesauce |
| 27 | Saint Paul Sunrise Breakfast Sandwich
Banana |
| 28 | Artisan Belgian Maple Waffle
with Chocolate Spread
Apple Slices |

**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.
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<table>
<thead>
<tr>
<th>Date</th>
<th>Main Course</th>
<th>Side Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Chicken Alfredo Pasta</td>
<td>Green Beans, Garlic Toast, Crispy Chipotle OR Hot &amp; Spicy Chicken Sandwich OR Veggie Burger, Crinkle Cut Fries</td>
</tr>
<tr>
<td>4</td>
<td>Mongolian Beef OR Mongolian Plant Based Tenders</td>
<td>Jasmine Rice, Vegetable Egg Roll, Broccoli, BBQ Beef Rib Sandwich, Potato Wedges</td>
</tr>
<tr>
<td>5</td>
<td>Oven Fried Chicken and Cornbread OR Grilled Cheese</td>
<td>Mashed Potatoes and Gravy, Cheeseburger OR Veggie Burger, Potato Wedges</td>
</tr>
<tr>
<td>6</td>
<td><strong>MN Thursday</strong></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Italian Dunker with Marinara Sauce Mixed Vegetables, Chocolate Chip Cookie</td>
<td>Beef Burrito Bowl, Cilantro Lime Jasmine Rice, Tortilla Chips</td>
</tr>
<tr>
<td>10</td>
<td>Meat Sauce OR Marinara Sauce over Penne Pasta</td>
<td>Garlic Toast, Green Beans, Chicken Sliders OR Grilled Cheese, Crinkle Cut Fries</td>
</tr>
<tr>
<td>11</td>
<td>Teriyaki Chicken OR Plant Based Tenders</td>
<td>Jasmine Rice, Mediterranean Chicken on a Pita, Falafel, Potato Wedges</td>
</tr>
<tr>
<td>12</td>
<td>Make Your Own Burrito</td>
<td>Cheeseburger OR Veggie Burger, Crinkle Cut Fries</td>
</tr>
<tr>
<td>13</td>
<td>Pancakes</td>
<td>Chicken Sausage, Hash Browns, Chicken Fingers OR Plant Based Tenders, Mac &amp; Cheese, Dinner Roll, Coleslaw</td>
</tr>
<tr>
<td>14</td>
<td>Cheese OR Turkey Sausage Pizza</td>
<td>Make Your Own Caesar Salad, Beef &amp; Cheddar Sandwich OR Veggie Burger, Crinkle Cut Fries</td>
</tr>
<tr>
<td>17</td>
<td>Chicken Alfredo Pasta</td>
<td>Green Beans, Garlic Toast, Glazed Chicken Bites with Dinner Roll OR Grilled Cheese, Crinkle Cut Fries</td>
</tr>
<tr>
<td>18</td>
<td>Beef Bulgogi OR Plant Based Tenders</td>
<td>Jasmine Rice, Egg Roll, Broccoli, Gyro on a Pita, Falafel, Crinkle Cut</td>
</tr>
<tr>
<td>19</td>
<td>Chicken and Chili Crispiotto with Queso Blanco OR Grilled Cheese, Refried Beans</td>
<td>Fish Sandwich OR Veggie Burger, Crinkle Cut</td>
</tr>
<tr>
<td>20</td>
<td><strong>MN Thursday</strong></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Cheese OR Turkey Sausage Pizza</td>
<td>Make Your Own Caesar Salad, Beef &amp; Cheddar Sandwich OR Veggie Burger, Crinkle Cut Fries</td>
</tr>
<tr>
<td>24</td>
<td>Meatballs and Marinara Sauce over Penne Pasta</td>
<td>Garlic Toast, Country Fried Steak with Gravy and Biscuit OR Grilled Cheese, Mashed Potatoes</td>
</tr>
<tr>
<td>25</td>
<td>Orange Chicken OR Plant Based Tenders</td>
<td>Jasmine Rice, Broccoli, Cheeseburger OR Veggie Burger, Crinkle Cut Fries</td>
</tr>
<tr>
<td>26</td>
<td>Chicken Peri Peri, Dinner Roll and Yellow Rice OR Grilled Cheese</td>
<td>Beef OR Lentil Sambusas, Make Your Own Side Salad</td>
</tr>
<tr>
<td>27</td>
<td>Beef Nachos</td>
<td>Cheese Sauce, Refried Beans, Chicken Burger OR Plant Based Tenders on a Bun, Crinkle Cut Fries</td>
</tr>
<tr>
<td>28</td>
<td>Cheese OR Turkey Sausage Pizza</td>
<td>Make Your Own Caesar Salad, BBQ Beef Sandwich OR Veggie Burger, Crinkle Cut Fries</td>
</tr>
</tbody>
</table>

Choice bar is available with all meals. Milk is always available. For daily options, nutrient & allergen information, visit SchoolCafe.com/SPPS. This institution is an equal opportunity provider.