

February 2008

North St. Paul-Maplewood-Oakdale School District



Denotes
Pork



Denotes
Peanuts

Meal Prices

Breakfast

Elementary \$1.40

Secondary \$1.40

Adult \$1.65

Lunch

Elementary \$2.25

Secondary \$2.50

Adult \$3.50

Milk \$.40

FREE seconds on fruits and vegetables when a meal has been purchased.
Menu subject to change without notice.



Manage Your Meal Account Online At:
Paypams.com

Menu Notes

- Peanut butter & jelly sandwich available daily at elementary schools.
- Salads offered at Elementary Schools on Tuesdays & Thursdays
- Choice of milk available daily with breakfast and lunch.
- Lactose reduced milk shall be made available upon written request from parent/guardian.

Friday 1

No School
K-12

Monday 4



Tony's Breakfast Pizza
Cheese Stick
Juice

Meatball Sub Sandwich
Baked Chips
Green Beans
Applesauce

Tuesday 5

Cinnamon Roll
Cereal
Juice

Tacos w/Fixings
Mexican Rice
Corn Muffin
Pears

Wednesday 6

Waffle Sticks w/Syrup
Scrambled Eggs
Juice

Big Daddy's Cheese Pizza
Salad w/Dressing
Fresh Fruit Tray
Rainbow Sherbet

Thursday 7

Bagel w/Cream Cheese
Cereal
Juice

Chicken Tenders
Mashed Potatoes w/Gravy
Corn
Wheat Dinner Roll
Peaches

Friday 8

Cinnamon Tastries
Cereal
Juice

Shrimp Poppers
Macaroni & Cheese
Carrots w/Dip
Cheddar Biscuit
Apple

Monday 11

French Toast Sticks
Skillet Frittata
Juice



Grilled Chicken Patty on a
Whole Wheat Bun
Spudster Potatoes
Peaches
Monster Cookie

Tuesday 12



Peanut Butter & Jelly
Sandwich
Cereal & Juice

Max Cheese Sticks
Marinara Sauce
Corn
Orange Smiles
Mini Fudge Stripe Cookies

Wednesday 13



Tony's Breakfast Pizza
Cheese Sticks
Juice

Teriyaki Chicken
Fried Rice
Garlic Breadstick
Asian Vegetables
Fresh Fruit Tray

Thursday 14

Cereal
Cinnamon Tastries
Juice

Spaghetti w/Meatballs
Salad w/Dressing
Garlic Toast
Pears
Valentine Cookie

Friday 15

Cereal
Muffin
Juice

Grilled Cheese
Tomato Soup
Salad w/Dressing
Applesauce
Gold Fish Crackers

Monday 18

No School
K-12

President's Day

Tuesday 19

Cereal
Pop Tart
Juice

Chicken Nuggets
Mashed Potatoes w/Gravy
Augratin Vegetables
Strawberry Shortcake

Wednesday 20



Tony's Breakfast Bagel
Cereal
Juice

Turkey & Gravy
Mashed Potatoes
Glazed Carrots
Dinner Roll
Cupcake

Thursday 21

Breakfast Sandwich
Peaches
Juice

Nachos w/Fixings
Rice
Corn
Pretzel
Pears

Friday 22

Cinnamon Roll
Cereal
Juice

Cheese Lasagna (Meatless)
Vegetable Tray w/Dip
Garlic Toast
Fresh Fruit
Snack Mix

Monday 25

Pancake
Sausage Patty
Juice

Chicken & Potato Basket
Green Beans
Sliced Bread
Juice Bar

Tuesday 26

Cinnamon Roll
Cereal
Juice

Twisted Edge Pizza
Salad w/Dressing
Pineapple w/Mandarin
Oranges

Wednesday 27



Tony's Breakfast Pizza
Cheese Stick
Juice



Sub Sandwich
Sunchips
Fresh Fruit
Celery w/Peanut Butter
Rice Krispy Treat

Thursday 28

Bagel w/Cream Cheese
Cereal
Juice

BBQ Rib Beef Sandwich
Potato Wedges
Peaches
Fresh Baked Mini Cookie

Friday 29

Cheese Omelet
Toast
Cereal

Cheese Bread w/Marinara
Sauce
Salad w/Dressing
Carrots w/Dip
Pears

622 Wellness Guidelines and Procedures

The school board recognizes that nutrition education and physical education are essential components of the educational process. The purpose of the policy is to assure a school environment promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

Food and Beverages

- All foods and beverages made available on site are consistent with the current USDA Dietary Guidelines for Americans.
- The school district will make every effort to prevent the overt identification of students who are eligible for free and reduced-price school meals.
- The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- The school district will make every effort to provide students with sufficient time to eat.
- The school district will discourage organizational meetings or activities during mealtimes.

School Food Service Program/Personnel

- The school district will provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations.
- The school district shall designate an appropriate person to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
- As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

Nutrition Education and Promotion

The school district will engage in nutrition education promotion that is:

- Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health
- Part of PE/health education classes as well as classroom instruction in subjects such as health, science, family and consumer sciences and elective subjects, where appropriate; enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities.
- The school district will encourage all students to make healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte (snack) lines, fundraising events, concession stands, student stores and vending machines. (may not be available during school hours).
- Nutritional information will be provided to parents to assist and encourage them in making healthy choices.

Physical Activity

- Students need opportunities to engage in regular physical activity and encouragement to include regular physical activity in their daily routine. Health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
- Students need opportunities for physical activity. In addition to Physical Education, physical activity will be incorporated into other subject lessons, where appropriate; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents/Guardians

- The school district recognizes that parents and guardians have a primary and fundamental role in promoting their children's health and well-being.
- The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
- The school district will provide information about physical education and other school-based physical activity opportunities.

Eat Right
Exercise
Have Fun



Be Smart about SNACKING

Choose snacks that are low in fat and sugar.

Instead of

Ice cream
Fried Chicken
Donut
Potato Chips
Whole Milk
Chocolate Chip Cookie

Choose

→ Low-fat Plain Yogurt with Fresh Fruit
→ Sliced Turkey
→ Whole-Wheat Bagel
→ Pretzels
→ 1% or Fat-Free Milk
→ Graham Crackers