

February 2010

North St. Paul-Maplewood-Oakdale School District

Nutrition Services

School District 622



Manage Your Meal Account Online At:
Paypams.com

Denotes Six Day Calendar

Menu Notes

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

Monday 1

Breakfast Round
Cereal
Juice

Popcorn Chicken
Rice
Broccoli w/Cheese
Breadstick
Peaches

Tuesday 2

“Breakfast in a Box”

French Toast Sticks
Cheese Omelet
Hashbrown Stick
Mini Gripz Grahams
Juice

Wednesday 3

Tony's Breakfast Pizza
Cheese Stick
Juice

Chicken Fajata
Mexican Rice
Corn Muffin
Pears

Thursday 4

Mini Muffin
Cereal
Juice

Meatball Sub Sandwich
Baked Chips
Corn
Fresh Fruit Tray

Friday 5

Cinnamon Roll
Cereal
Juice

Pizza
Salad w/Dressing
Pineapple w/Mandarin Oranges
Fruit Snack

Monday 8

Banana Chocolate Chip Bread
Cereal
Juice

Hot Dog w/Chili
Green Beans
Applesauce
Heart Shape Up

Tuesday 9

Cinnamon Tastries
Cereal
Juice

Top Your Own Hamburger
Curly Fries
Fresh Fruit Tray
Oreo Cookie

Wednesday 10

Mini Pancakes
Fresh Fruit
Juice

Turkey and Gravy
Mashed Potatoes
Glazed Carrots
Dinner Roll
Heart Cookie

Thursday 11

Bagel w/Cream Cheese
Cereal w/Fresh Fruit
Juice

Teriyaki Chicken
Rice
Cantonese Vegetable Blend
Pears
Egg Roll

Friday 12

Breakfast Wrap
Granola Bar
Juice

Shrimp Poppers
Macaroni & Cheese
Vegetable Tray w/Dip
Heart Shape Pretzel
Apple

Monday 15

No School
K-12

President's Day

Tuesday 16

Snack'n Waffles
Scrambled Eggs
Juice

Chicken Patty on a Whole
Wheat Bun
Smiley Potatoes
Peaches
Pudding

Wednesday 17

Tony's Breakfast Bagel
Cereal
Juice

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

Thursday 18

Whole Wheat Danish
Cereal
Juice

Nachos
Rice
Pretzel
Pineapple w/Mandarin Oranges

Friday 19

Cinnamon Roll
Cereal
Juice

Cheese Sticks
Marinara Sauce
Pears
Green Beans
Mini Fudge Stripe Cookies

Monday 22

Nutri-Grain Bar
Cereal
Juice

Mini Corn Dogs
Criss-Cut Fries
Peas
Applesauce

Tuesday 23

Cinnamon Tastries
Cereal
Juice

Spaghetti w/Meatballs
Salad w/Dressing
Garlic Toast
Mandarin Oranges

Wednesday 24

Mini Pancakes
Fresh Fruit
Juice

Sub Sandwiches
Baked Chips
Carrots w/Dip
Peaches

Thursday 25

Bagel w/Cream Cheese
Cereal
Juice

Chicken Nuggets
Mashed Potatoes w/Gravy
Augratin Vegetables
Strawberry Shortcake

Friday 26

Funnel Cake w/Strawberries
Cereal
Juice

Fish Sticks
Macaroni & Cheese
Cheddar Biscuit
Peas
Mixed Fruit



Denotes Pork



Denotes Peanuts

Meal Prices

Breakfast

Elementary \$1.50
Secondary \$1.50
Adult \$1.75

Lunch

Elementary \$2.35
Secondary \$2.60
Adult \$3.60
Milk \$.40

Menu subject to change without notice.

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 that 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.



Be Smart about SNACKING

Choose snacks that are low in fat and sugar.

Instead of	Choose
Ice cream	→ Low-fat Plain Yogurt with Fresh Fruit
Fried Chicken	→ Sliced Turkey
Donut	→ Whole-Wheat Bagel
Potato Chips	→ Pretzels
Whole Milk	→ 1% or Fat-Free Milk
Chocolate Chip Cookie	→ Graham Crackers

Vegetables of the Month

Cantonese Blend: An unpretentious, decidedly upbeat blend of broccoli, Chinese pea pods, carrots, mushrooms, red peppers and water chestnuts. On trend with the soaring popularity of Asian/Pacific foods. Look for it on the menu February 11, 2010.