

May 2009

North St. Paul-Maplewood-Oakdale School District



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.

Nutrition Services

School District 622



Manage Your Meal Account Online At:
Paypams.com
June Menu will be
Cook Choice

Monday 4

Cereal
Yogurt w/Granola
Juice

Pizza Grilled Cheese
Macaroni & Cheese
Green Beans
Applesauce
Ice Cream Treat

4

Tuesday 5

Breakfast Wrap
Granola Bar
Juice

Chicken Tenders
Mashed Potatoes w/Gravy
Peas
Wheat Dinner Roll
Fresh Strawberries

5

Wednesday 6

Cinnamon Roll
Cereal
Juice

Tacos w/Fixings
Mexican Rice
Corn
Pears

6

Thursday 7

Breakfast Bar
Cereal
Juice

Hamburger
Potato Rounds
Fresh Fruit
Fresh Baked Cookie

1

Friday 8



Pancake & Sausage on a
Stick
Applesauce & Juice

Sub Sandwich
Baked Chips
Carrots w/Dip
Peach Cup

2

Monday 11

Cereal
Cinnamon Tastries
Juice

Grilled Chicken Breast on a
Whole Wheat Bun
Smiley Potatoes
Mixed Fruit
Sherbet Cup

3

Tuesday 12

Snack'n Waffles
Cheese Omelet
Juice

Big Daddy's Pizza
Salad w/Dressing
Applesauce
Fruit Gushers

4

Wednesday 13



Tony's Breakfast Pizza
Cheese Stick
Juice

Spaghetti w/Meat Balls
Green Beans
Garlic Toast
Fresh Fruit Tray

5

Thursday 14

Cereal
Muffin
Juice

Teriyaki Chicken
Rice
Asian Vegetables
Breadstick
Lunch Bunch Grapes

6

Friday 15

Cinnamon Roll
Cereal
Juice

Shrimp Poppers
Macaroni & Cheese
Vegetable Tray w/Dip
Corn Muffin
Apple

1

Monday 18

Cereal
Yogurt w/Granola
Juice

Mini Corn Dogs
Macaroni and Cheese
Peas
Applesauce

2

Tuesday 19

Breakfast Wrap
Granola Bar
Juice

Nachos w/Fixings
Rice
Corn
Pretzel
Pears

3

Wednesday 20

Cereal
Whole Grain Pop Tart
Juice

Cheese Sticks
Marinara Sauce
Green Beans
Fresh Fruit Tray

4

Thursday 21

Cereal
Bagel w/Cream Cheese
Juice

Chicken Nuggets
Mashed Potatoes w/Gravy
Glazed Carrots
Strawberry Shortcake

5

Friday 22

Funnel Cake w/Strawberries
Cereal
Juice



Honey BBQ Rib Sandwich
Crinkle Cut Fries
Watermelon Slice
Rice Krispy Treat

6

Monday 25

No School
K-12

Tuesday 26

Cereal
Cinnamon Tastries
Juice

Chicken Drumsticks
Mashed Potatoes w/Gravy
Green Beans
Sliced Bread
Juice Bar

1

Wednesday 27

Go Gurt
Mini Muffins
Juice

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

2

Thursday 28

"Breakfast in a Box"

Top Your Own Hamburger
Spudster Potatoes
Fresh Fruit Tray
Oreo Cookie

3

Friday 29



Tony's Breakfast Pizza
Cheese Stick
Juice

Hot Dog w/Chili
Baked Chips
Corn
Orange Smiles

4

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



Tony's Breakfast Pizza
Cereal
Juice

French Toast Sticks
Cheese Omelet
Hash Brown Stick
Clodhoppers
Juice

3

Did you know?

- The first fruit eaten on the moon was a peach.
- Carrots were first grown as medicine.
- Blueberries have more antioxidants than any other fruit or vegetable.
- Eskimos use refrigerators to keep food from freezing.
- An ear of corn always has an even number of rows.
- The first pizzeria was established in 1810.
- There are 7,500 varieties of apples.
- The first Hot Dog was created in 1901.
- Strawberries were first discovered in Virginia.

Stress Relievers & Energy Boosters

- Eat a crunchy snack like pretzels, or better yet, raw veggies
- Take 10 deep breathes, outside if possible. Fresh oxygen refreshes the mind and body.
- Try to be optimistic - research shows you may live longer, have less health problems and have stronger relationships.
- Get some exercise. Find just 10 minutes a day to take a walk, park farther away at the store or take the stairs!
- Get a good night's sleep! Your mind will be sharper and your memory improved.



Nutrition Services Update

Thanks for supporting the Nutrition Services Program in the 2008-2009 School Year. We look forward to serving you next year. If you have any menu feedback please share it with us by completing the online survey at www.isd622.org.

There will be no menu for June. It will be cook's choice. Please contact the school cafeteria if you have any menu questions.

Credit card payment or student activity can be viewed at www.paypams.com. There is no fee to make payment or view activity.

Application for Educational Benefits for the 2009-2010 school year will be mailed in next year's school calendar.

Have a great summer!

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