

November 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.

Monday 2
Breakfast Round
Cereal
Juice

Chicken Patty on a Whole
Wheat Bun
Smiley Potatoes
Peaches
Pudding **1**

Monday 9
Yogurt w/Granola
Cereal
Juice

Mini Corn Dogs
Macaroni & Cheese
Peas
Applesauce **6**

Monday 16
Whole Grain Pop Tart
Cereal
Juice

Baked Chicken
Mashed Potatoes w/Gravy
Green Beans
Sliced Bread
Strawberry Cup **5**

Monday 23
Yogurt w/Granola
Cereal
Juice

Popcorn Chicken
Mashed Potatoes w/Gravy
Corn
Breadsticks
Peaches **4**

Monday 30
Nutri-Grain Bar
Cereal
Juice

Pizza Grilled Cheese
Marinara Sauce
Green Beans
Applesauce
Ice Cream Treat **6**

Tuesday 3
Snack'n Waffles
Cheese Omelet
Juice

Big Daddy's Pizza
Salad w/Dressing
Fresh Fruit Tray
Oreo Cookie **2**

Tuesday 10
Cinnamon Tastries
Cereal
Juice

Spaghetti w/Meatballs
Salad w/Dressing
Garlic Toast
Pears **1**


Tuesday 17
Waffle
Scrambled Eggs
Juice

Hot Dog w/Chili
Applesauce
Corn
Fresh Baked Cookie **6**

Tuesday 24
"Breakfast in a Box"


Tacos w/Fixings
Mexican Rice
Corn Muffin
Pears **5**

Wednesday 4
Tony's Breakfast Bagel
Cereal
Juice




Nachos
Rice
Pretzel
Pears **3**

Wednesday 11
Pancake & Sausage on a
Stick
Fresh Fruit



Sub Sandwiches
Baked Cheetos
Carrots w/Dip
Peach Cup **2**

Wednesday 18
Breakfast Pizza
Cereal
Juice



Turkey & Gravy
Mashed Potatoes
Glazed Carrots
Stuffing
Dinner Roll **1**

Wednesday 25

NO SCHOOL
K-12

Thursday 5
Mini Muffins
Cereal
Juice

Turkey Melt on a Bun
Scrabble Cheez-It
Peas
Orange Smiles **4**

Thursday 12
Bagel w/Cream Cheese
Cereal
Juice

Chicken Nuggets
Mashed Potatoes w/Gravy
Sicilian Vegetable Blend
Strawberry Shortcake **3**

Thursday 19
Mini Muffins
Cereal
Juice

Chicken Sandwich Wrap
Oven Roasted Chicken Rice
Pears
Celery w/Peanut Butter **2**



Thursday 26


NO SCHOOL
K-12

Friday 6
Cinnamon Roll
Cereal
Juice

Cheese Sticks
Marinara Sauce
Fresh Fruit Tray
Green Beans
Mini Fudge Stripe Cookies **5**

Friday 13
Breakfast Wrap
Cereal
Juice

Fiestada
Corn
Fresh Fruit Tray
Rice Krispy Treat **4**



Friday 20
Cinnamon Roll
Cereal
Juice

Cheesebread
Marinara Sauce
Salad w/Dressing
Fresh Fruit Tray **3**

Friday 27

NO SCHOOL
K-12

Nutrition Services
School District 622



Make payments or view student meal activity at Paypams.com or 1-888-994-5100

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.

Offer vs. Serve Notification

The school lunch and breakfast patterns were amended several years ago to include the Offer vs. Serve provision. Offer vs. Serve was designed to allow students freedom of choice while maintaining the nutritional integrity of school meals. Under this provision, five meal components are offered at lunch.

These components are meat, bread, fruit, vegetable, and milk. The student has the option of selecting a minimum of three items.

Each student meal includes:

- 2 oz. meat or meat alternate
- 1 cup fruit and/or vegetable
- at least 12-15 servings of the bread group each week
- 1/2 pint/8 oz of milk

At breakfast, four meal components are offered. The student has the option of selecting a minimum of three items.

Each student meal includes:

- 1/2 cup juice/fruit/vegetable
- 1/2 pint/8 oz of milk
- 1 serving bread or
- 1 oz meat or meat alternate

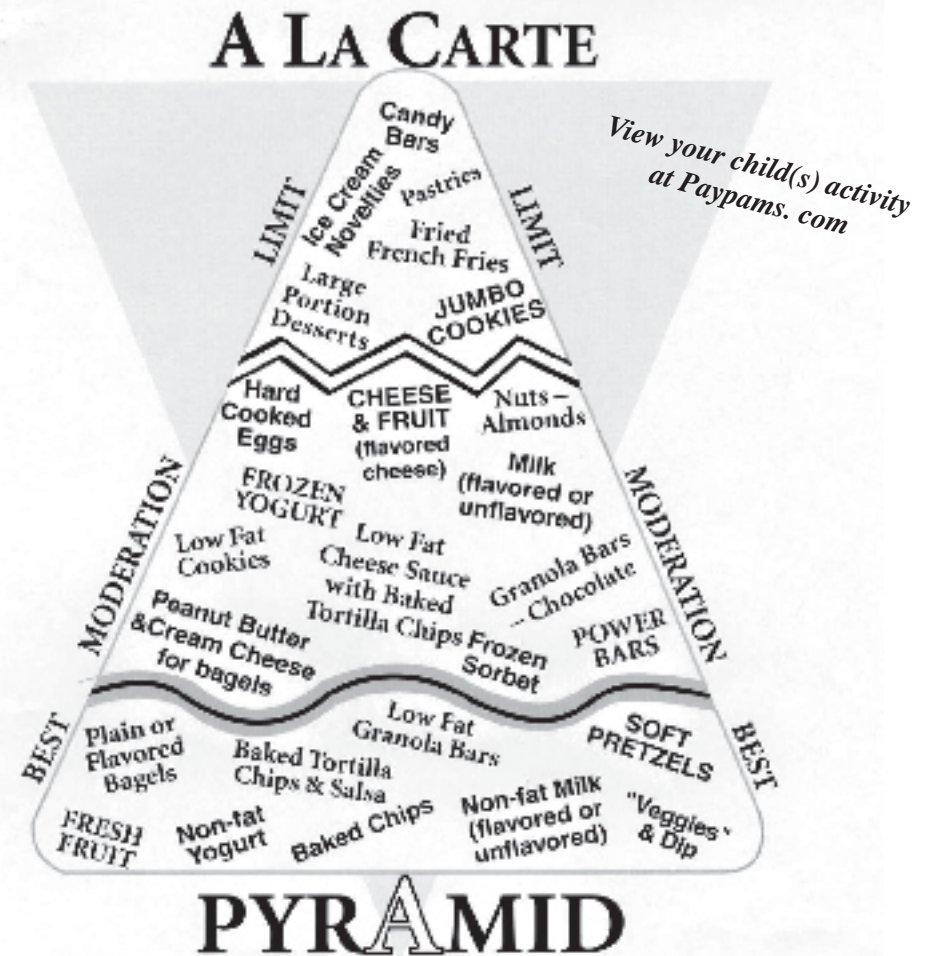
Breakfast is free to those students who qualify for free or reduced meals.

Your children are in the process of learning to make food choices and may need help in choosing what they eat. We encourage you to review the school menu with your child to help them decide what to select.

Nutritional information regarding the meals served can be found on the district website. We strive to offer healthy food choices and limit fat content so 30% or less of the calories come from fat.

Vegetable Blend of the Month

Sicilian Blend: This colorful, versatile and flavorful blend of whole green beans, cut carrots, cauliflower, red and yellow pepper strips, and onion strips is a Mediterranean masterpiece. Look for it on the menu November 12, 2009.



Guidelines for Snackers

Most Americans eat 3 snacks per day, so...

- * Snack in small portions
- * Watch calories and serving size, not just fat grams – Low fat does not always mean low calorie