

MARCH 2010



# REGULAR MENU

## Harambee Elementary

NUTRITION SERVICES  
SAINT PAUL PUBLIC SCHOOLS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>NO SCHOOL</b></p>	<p><b>2</b> <u>Breakfast Special</u> Celebrate Dr. Suess' Birthday! Green Eggs &amp; Turkey Ham</p> <p><u>Lunch</u> Sloppy Joe Corn Strawberry Cup Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>3</b> <u>Breakfast Special</u> Pumpkin Bread</p> <p><u>Lunch</u> Cheese <math>\nabla</math> or Hawaiian Pizza Peas Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>4</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Rotisserie Chicken Mashed Potatoes &amp; Gravy Mixed Greens Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>5</b> <u>Breakfast Special</u> Apple Cinnamon Bread</p> <p><u>Lunch</u> Grilled Cheese Sandwich <math>\nabla</math> Tomato Soup <math>\nabla</math> Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p><b>8</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Chicken Rotini Soup <math>\wedge</math> PB&amp;J Sandwich <math>\nabla</math> Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>9</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Patty Sandwich Broccoli Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>10</b> <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Beef or Vegetarian Soft Shell Taco Refried Beans <math>\nabla</math> Corn, Brown Rice Applesauce Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>11</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Italian Lasagna Garlic Bread Green Beans Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>12</b> <u>Breakfast Special</u> Apple Cinnamon Bread</p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce <math>\nabla</math> Mixed Vegetables Oranges Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

- P** Contains Pork
- $\wedge$**  Contains nuts or peanut butter
- $\nabla$**  Meatless item
- $\nabla$**  Locally grown

### MENU KEY

**Allergy Notice:** Products have been made at the District's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

## Taking responsibility for our children's health

Helping children develop healthy eating habits is a responsibility that we are happy to share with parents. Nutrition Services staff take great pride in providing quality, affordable meals. We also offer nutrition education and a little encouragement to help students select nutritionally balanced meals.

Some parents wonder why we let students choose among several food options, rather than serving them one prescribed meal. Research indicates that allowing students to make their own choices reduces waste, increases meal participation, and increases consumption of fruits, vegetables, and grains.

What can parents do to help? Please read our menus to your child(ren), discuss the importance of selecting a variety of foods, and encourage them to try new foods. Together, we can raise a generation of kids who value good nutrition and understand its impact on good health.



## BREAKFAST

### Available Each Day:

Milk • Graham Crackers • Yogurt  
Fresh Fruit • Whole Grain Cereal  
100% Fruit Juice

## LUNCH

### Available Each Day:

Alternate Entrees:  
Salad Choices • Sub Sandwich  
Milk (Skim, 1%,  
chocolate skim, lactose-reduced)

### Fresh Veggies May Include:

Baby Carrots • Celery • Cucumbers  
Grape Tomatoes • Jicama  
Peas • Red Onions • Zucchini

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>15</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Lunch</u> Chicken Suqaar or Chicken Nuggets Vegetable Rice Pita Bread Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>16</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Catfish Tenders Macaroni &amp; Cheese <sup>▼</sup> Mixed Greens Chocolate Cake Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>17</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Chicken &amp; Gravy Mashed Potatoes Peas Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>18</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Spaghetti &amp; Meatballs Garlic Bread Peach Cup Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>19</b> <u>Breakfast Special</u> Lemon Poppyseed Bread</p> <p><u>Lunch</u> Cinnamon French Toast and Scrambled Eggs <sup>▼</sup> Potato Triangle Apple Topping Fruit Choice 100% Fruit Juice Whole Wheat French Bread</p>
<p><b>22</b> <u>Breakfast Special</u> Sausage Biscuit <sup>Ⓟ</sup></p> <p><u>Lunch</u> <sup>▲</sup> Thai Peanut Chicken &amp; Noodles Broccoli Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>23</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Taco Salad Refried Beans <sup>▼</sup> Corn, Brown Rice Tortilla Chips Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>24</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Lunch</u> Cheese or Veggie Pizza <sup>▼</sup> Green Beans Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>25</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Hamburger Tater Tots Brownie Bite Onion and Pickles Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>26</b> <u>Breakfast Special</u> Energy Bar</p> <p><u>Lunch</u> Grilled Cheese Sandwich <sup>▼</sup> Tomato Soup <sup>▼</sup> Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p><b>29</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Chicken Nuggets Broccoli Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>30</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Lite Turkey Corn Dog Tater Tots Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>31</b></p> <p>NO SCHOOL</p>		

## PAYMENT INFORMATION

Visit our online payment provider, PayPams, where you can make a payment, check meal account balances and sign up for recurring payments. Go to [www.paypams.com](http://www.paypams.com) to register. Note: balances are delayed by 24 hours.

### Saint Paul Public School Menu Prices:

	Lunch	Breakfast	Extra Milk
Elementary	\$2.30	No cost	\$0.50
Secondary	\$2.40	No cost	\$0.50
Reduced-price	\$0.40	No cost	\$0.50
Adult	\$3.90	\$2.25	\$0.50

## CONTACT US

Web Site: [ns.spps.org](http://ns.spps.org) Office: 651-603-4950

## Free or reduced-price meal applications now online

It is now even easier to apply for free or reduced-price meals! First, you will need each child's 6-digit student ID number. Then go to [ns.spps.org](http://ns.spps.org) and follow the link to the online application. The on-screen instructions will guide you through the application process. Additional instructions are available at [ns.spps.org](http://ns.spps.org). Questions? Please call us at 651-603-4950.



## MISSION STATEMENT

We create and serve foods that students get excited about!  
Our "healthy hits" are served with respect by a caring staff effectively managing resources.



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