

DECEMBER

SPRING LAKE PARK SCHOOL DISTRICT WESTWOOD INTERMEDIATE & MIDDLE SCHOOLS

**ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>*Denotes may contain pork.</p> <p>Menu subject to change due to product availability.</p> <p>INT – Intermediate Students</p> <p>MS-Middle School students</p> | <p>Breakfast – Available Daily:</p> <p>Fruit or 100% Fruit Juice</p> <p>1%, Skim or Skim Chocolate Milk</p> <p>Alternate Choice is Cold Cereal w/Toast</p> | <p>Lunch – Available Daily:</p> <p>1%, Skim or Skim Chocolate Milk</p> <p>Fruit Choice – Fresh and Canned</p> <p>Bread Basket</p> | <p>1 Breakfast – Cinni Mini’s</p> <p>*Hot Ham and Cheese Sandwich</p> <p>Sun Chips</p> <p>Fresh Vegetable w/Dip</p> <p>Fruit Choice</p> <p>Fresh Baked Cookie</p> <p>INT Alt – Turkey & Cheese Sandwich or Spicy Chicken Sandwich</p> <p>MS Alt – Spicy Chicken Sandwich</p> | <p>2</p> <p>School Not in Session</p> |
| <p>5 Breakfast - *Breakfast Pizza</p> <p>Beef or Chicken Taco</p> <p>Assorted Toppings</p> <p>Spanish Rice</p> <p>Choice of Beans</p> <p>Fruit Choice</p> <p>INT Alt – PB&J w/Cheese stick or Seeds</p> <p>MS Alt – Chicken Wild Rice or Chicken Noodle Soup w/Deli Sandwich</p> | <p>6 Breakfast – Egg Wrap</p> <p>Tangy Teriyaki Chicken Stir Fry</p> <p>Fluffy Rice</p> <p>Stir Fry Vegetable Blend</p> <p>Fruit Choice</p> <p>Mini Muffin</p> <p>INT Alt – *Turkey, Bacon and Ranch Wrap</p> <p>MS Alt – Hamburger on a Bun</p> | <p>7 Breakfast – Hot Cereal w/Granola</p> <p>Meatball and Mashed Potato w/Gravy Bowl</p> <p>Peas</p> <p>Fruit Choice</p> <p>Dinner Roll</p> <p>INT Alt – Chicken Caesar Salad</p> <p>MS Alt – Chicken Caesar Salad</p> | <p>8 Breakfast – Bagel w/Cream Cheese</p> <p>Personal Pan Pizza – Cheese or *Pepperoni</p> <p>Fresh Spinach Salad</p> <p>Fruit Choice</p> <p>Frozen Fruit Bar</p> <p>INT Alt – PB&J w/cheese stick or seeds</p> <p>MS Alt – Baked Potato Bar</p> | <p>9 Breakfast – Berry Breakfast Bar</p> <p>Chicken Tenders</p> <p>Macaroni and Cheese</p> <p>California Vegetable Blend</p> <p>Fruit Choice</p> <p>INT Alt – PB&J w/ cheese stick or seed</p> <p>MS Alt – Southwestern Roast Beef Wrap w/Macaroni and Cheese</p> |
| <p>12 Breakfast - *Breakfast Bagel</p> <p>Chicken Parmesan over Curly Pasta</p> <p>Tossed Salad w/Dressing</p> <p>Garlic Toast</p> <p>Fruit Choice</p> <p>INT Alt – PB&J w/ cheese stick</p> <p>MS Alt – Cheese Soup or Chicken Dumpling Soup w/Deli Sandwich</p> | <p>13 Breakfast – Fruit Frudel</p> <p>French Toast Sticks</p> <p>*Sausage Links</p> <p>Oven Potatoes</p> <p>Fresh Vegetables w/Dip</p> <p>Fruit Choice</p> <p>INT Alt – Fruit & Yogurt Parfait w/Cheese Stick</p> <p>MS Alt – Salad Bar</p> | <p>14 Breakfast – Yogurt Cup w/Muffin</p> <p>Lemon Chicken</p> <p>Oven Roasted Potatoes</p> <p>Green Beans</p> <p>Fruit Choice</p> <p>Breadstick</p> <p>INT Alt – Chef Salad</p> <p>MS Alt – BBQ Rib Sandwich</p> | <p>15 Breakfast – Belgian Waffle</p> <p>Cheeseburger on a Bun</p> <p>Assorted Toppings</p> <p>Sweet Potato Fries</p> <p>Baked Beans</p> <p>Coleslaw</p> <p>Fruit Choice</p> <p>INT Alt – BBQ Chicken Bites</p> <p>MS Alt – BBQ Chicken Bites</p> | <p>16 Breakfast - *Hot Ham and Cheese Bagel Sandwich</p> <p>Oven Roasted Turkey w/Gravy</p> <p>Sage Stuffing</p> <p>Cranberry Sauce</p> <p>Corn</p> <p>Fruit Choice</p> <p>Winter Snack</p> <p>INT Alt – PB&J or Slice of Pizza</p> <p>MS Alt – Slice of Pizza</p> |
| <p>19 Breakfast – Mini Pancakes</p> <p>Breaded Chicken Sandwich</p> <p>Curly Pasta w/Pesto</p> <p>Fresh Vegetables w/Dip</p> <p>Fruit Choice</p> <p>INT Alt – Southwest Chicken Wrap</p> <p>MS Alt – Tomato Florentine or Chicken Noodle Soup w/Deli Sandwich</p> | <p>20 Breakfast – Egg Wrap</p> <p>Mozzarella Pizza Sticks w/Dipping Sauce</p> <p>Cup of Soup w/Goldfish Crackers</p> <p>Tossed Salad w/Dressing</p> <p>Fruit Choice</p> <p>INT Alt – PB&J w/cheese stick</p> <p>MS Alt – Chicken Bites of Fires w/Red Beans and Rice</p> | <p>21 Breakfast – Cinnamon Roll</p> <p>French Dip Sandwich w/au jus</p> <p>Italian Pasta Salad</p> <p>Fresh Vegetables w/Dip</p> <p>Fruit Choice</p> <p>INT Alt – Mini Corn Dog</p> <p>MS Alt – Mini Corn Dog</p> | <p>22 Breakfast - *Breakfast Egg Roll</p> <p>Mandarin Orange Chicken</p> <p>Vegetable Fried Rice</p> <p>Steamed Broccoli</p> <p>Fruit Choice</p> <p>Fortune Cookie</p> <p>INT Alt – PB&J or Fiestada Pizza</p> <p>MS Alt – Fiestada Pizza</p> | <p>23</p> <p>School Not in Session</p> |
| <p>26</p> <p>School Not in Session</p> | <p>27</p> <p>School Not in Session</p> | <p>28</p> <p>School Not in Session</p> | <p>29</p> <p>School Not in Session</p> | <p>30</p> <p>School Not in Session</p> |

Make colorful choices. Everyday.

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Fill Half Your Plate with Fruits & Veggies

Learn How to Make Your Own Healthy Plate

USDA's [MyPlate](#) says fill half your plate with fruits & veggies! Our sponsors want to show you how. See our featured 'plates' and get info on how to re-create each one! We've provided a recipe, nutrition info, cost analysis and a shopping list for each healthy plate. If you'd like to just make the recipe, separate info is available for that as well. Enjoy

CONTEST! Make one of these 'plates' (or another healthy plate), take a pic, and enter our *MyPlate Makeover Challenge* on Facebook. Learn More at http://www.fruitsandveggiesmorematters.org/?page_id=19281

~Winner selected daily!

PAYMENT INFORMATION

PayPAMS, Check, Money Order

Cash is accepted but at your own risk.

Spring Lake Park School District Prices

| | BREAKFAST | LUNCH | EXTRA MILK |
|---------------|-----------|--------|------------|
| Elementary | \$1.20 | \$2.25 | \$.50 |
| Secondary | \$1.20 | \$2.45 | \$.50 |
| Reduced-Price | \$0.00 | \$0.40 | \$.50 |
| Adult | \$2.10 | \$3.40 | \$.50 |

FREE OR REDUCED PRICED MEALS

Applications for Educational Benefits are available on the district website under food service, in our kitchens and school offices.

MISSION STATEMENT



High expectations, high achievement for all. No excuses.

Food Service Department Contact Information

1415 81st Ave NE

Spring Lake Park 55432

Ann Washenberger, Westwood Manager

Phone – 763-783-5398

Melissa Carlson, Food Service Secretary

Questions – Applications and student accounts

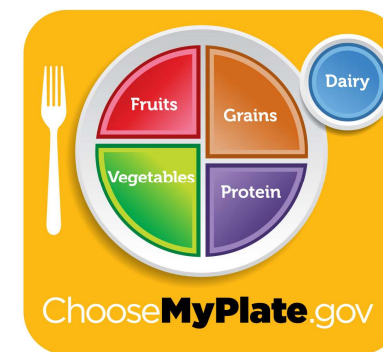
Phone – 763-785-5529

Amy Kimmel, RD,SNS

Food Service Coordinator

Phone – 763-785-5528

MY PLATE REPLACES THE PYRAMID.



Tip of the Day

For good health, eat a variety of foods from each food group every day.

Make colorful choices. Everyday.