

DECEMBER

SPRING LAKE PARK SCHOOL DISTRICT
SPRING LAKE PARK HIGH SCHOOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast – Available Daily: Fruit or 100% Fruit Juice 1%, Skim or Skim Chocolate Milk Alternate choice is Cold Cereal w/Toast	Lunch – Available Daily: 1%, Skim or Skim Chocolate Milk Fruit Choice – Fresh and Canned Bread Basket	*Denotes may contain pork. Menu subject to change due to product availability.	1 Breakfast – Mini Pancakes Cheese Ravioli w/Butternut Squash Whole Grain Bread Stick Tossed Salad w/Dressing Fruit Choice Chocolate Brownie Alt – Deli Sandwich Grill - *Pulled Pork Sandwich, Cole Slaw and Potato Chips	2 School Not in Session
5 Breakfast – Cherry Strudel Chicken Tenders Macaroni and Cheese Green Beans Fruit Choice Alt – Baked Potato Bar & Chili w/Petite Cinnamon Roll Grill – Spicy Chicken Sandwich w/Sun Chips	6 Breakfast – *Breakfast Pizza Beef or Chicken Tacos Assorted Toppings Corn Spanish Rice Fruit Choice Alt – Choice of Deli or Wrap Sandwich Grill – Cheeseburger w/Baked Chips	7 Breakfast – Hot Egg and Cheese Bagel Choice of Flatbread Pizza Pasta Salad Fresh Vegetables w/Dip Fruit Choice Alt – Chicken Wild Rice Soup w/Salad Bar Grill – Honey BBQ Chicken Bites w/Sweet Pot Fries	8 Breakfast – Belgian Waffle Chicken Fettuccini Alfredo Steamed Broccoli Garlic Bread Fruit Choice Alt – Breaded Buffalo Chicken Wrap w/Potato Salad Grill – Meatball Sub w/French Fries	9 Breakfast – Oatmeal w/Topping Chicken Stir Fry Mixed Vegetables White Rice Mini Vegetable Egg Roll Fortune Cookie Alt – Fruit & Yogurt Parfait w/Cheese Stick and Fruit Muffin Grill - *Hot Ham and Cheese Sandwich on Ciabatta Bread w/Sun Chips
12 Breakfast – Fruit & Yogurt Parfait Lemon Chicken Rosemary Roasted Potatoes Steamed Asparagus Fruit Choice Dinner Roll Alt – Tomato & Basil Soup w/Grilled Cheese Sandwich Grill – Roasted Chicken w/Pesto Aioli and French Fries	13 Breakfast – French Toast Sticks Oven Roasted Turkey w/Gravy Cornbread Stuffing Hot Vegetable Choice Cranberry Salad Fruit Choice Alt – Taco Bar Grill – Sloppy Joe on bun w/French Fries	14 Breakfast – Apple Strudel Slice of Deep Dish Pizza Tossed Salad w/Dressing Fresh Baked Cookie Alt – Choice of Entrée Salad Grill – Buffalo Chicken Sandwich w/Baked Chips	15 Breakfast – Mini Pancakes Chicken Parmesan over Pasta Fresh Spinach w/Apple Salad Whole Grain Breadstick Fruit Choice Sherbet Cup Alt – Deli Sandwich Grill – Pizza Burger w/Seasoned Fries	16 Breakfast – Breakfast Burrito Meatballs w/Gravy Mashed Potatoes Peas Fruit Choice Corn Muffin w/Honey Alt – Chicken Caesar Wrap Grill - *Bacon & Ranch Grilled Chicken Sandwich w/Sun Chips
19 Breakfast – Cherry Strudel Fresh Toast Sticks *Sausage Links Breakfast Potatoes Fruit Choice Alt – Baked Potato Bar & Chili w/Cornbread Grill – Mozzarella Turkey Burger or Cheeseburger w/French Fries	20 Breakfast – *Breakfast Pizza Build Your Own Burrito Assorted Toppings Cilantro, Lime Rice Choice of Beans Fruit Choice Alt – Choice of Deli or Wrap Sandwich Grill – French Dip w/au jus & Sweet Potato Fries	21 Breakfast – Hot Egg & Cheese Bagel Choice of Flatbread Pizza Couscous Mediterranean Salad Tossed Salad w/Dressing Fruit Choice Alt – Broccoli Cheese Soup & Salad Bar w/Breadstick Grill – Popcorn Chicken w/French Fries	22 Breakfast – Belgian Waffle Spaghetti w/Classic Meat Sauce Whole Grain Breadstick Tossed Salad w/Dressing Fruit Choice Alt – Choice of Entrée Salad or Deli Sandwich Grill – BBQ & Cheddar Grilled Chicken Sandwich w/Baked Chips	23 School Not in Session
26 School Not in Session	27 School Not in Session	28 School Not in Session	29 School Not in Session	30 School Not in Session

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

f 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

Chad Plotnik, High School Manager

Phone – 763-783-5605

Melissa Carlson, Food Service Secretary

Questions – Applications and student accounts

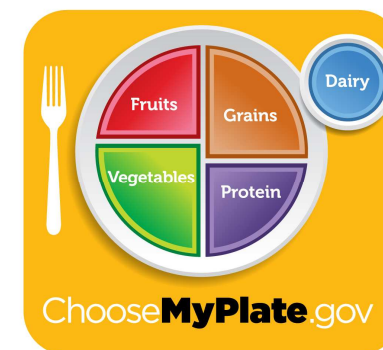
Phone – 763-785-5529

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.