

FEBRUARY

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
	<p><u>NEW LOOK – NEW NAMES</u></p> <p>FF – Fan Fare Line ME – Market Express Line HS – Hot Spot Line</p>	<p><u>1 Breakfast – Hot Egg & Cheese Bagel Sandwich</u> FF – Tater Tot Hotdish or Lasagna Tossed Salad w/Dressing Dinner Roll and Fruit Choice Mini Ice Cream Sandwich (all lines) ME – TOGO Choice of Wrap Sandwich w/Chips, Fruit & Vegetable HS – Hot Ham & Cheese Sandwich w/French Fries, Fruit & Vegetable</p>	<p><u>2 Breakfast – Belgian Waffle</u> FF – Chicken Alfredo Flat Bread Pizza Steamed Broccoli Fresh Spinach & Apple Salad Fruit Choice ME – Entrée Salad w/Cup of Soup, Fruit and Bread Choice HS – Cheeseburger on Bun w/Baked Chips, Fruit and Vegetable</p>	<p>3</p> <p>School Not in Session</p>
<p><u>6 Breakfast – Mini Pancakes</u> FF – Chicken or Beef Burrito Assorted Fixings Spanish Rice and Fruit Choice ME – Baked Potato w/Cup of Chili, Toppings, Fruit and Vegetable Choice HS – Breaded Chicken Sandwich w/Sun Chips, Fruit & Vegetable</p>	<p><u>7 Breakfast – Yogurt Parfait & Muffin</u> FF – Mandarin Orange Chicken White Rice and Stir Fry Vegetables Mini Muffin and Fruit Choice ME – TOGO Deli Sandwich w/Chips, Fruit and Vegetable HS – Pizza Burger w/Seasoned Fries, Fruit and Vegetable</p>	<p><u>8 Breakfast – Eggs, *Sausage & Toast</u> FF – Spaghetti & Meatballs Tossed Salad w/Dressing Whole Grain Breadstick & Fruit Choice ME – Salad Bar w/All the Fixings HS – Philly Beef Sandwich w/Fixings, Baked Chips, Fruit and Vegetable</p>	<p><u>9 Breakfast – Cherry Strudel</u> FF – Lemon Roasted Chicken Au Gratin Potatoes, Steamed Asparagus Fruit Choice and Petite Biscuit ME – Grill Cheese Sandwich w/Cup of Soup, Fruit and Vegetable HS – Mozzarella Turkey Burger w/French Fries, Fruit and Vegetable</p>	<p><u>10 Breakfast - *Breakfast Pizza</u> FF – Roasted Vegetable & Pesto Linguine w/Chicken Tossed Salad w/Dressing & Fruit Choice Chocolate Brownie (all lines) ME – TOGO Choice of Entrée Salad w/Fruit and Bread Choice HS – Seasoned Grilled Chicken Sandwich w/Sweet Potato Fries, Fruit & Vegetable</p>
<p><u>13 Breakfast – Apple Strudel</u> FF – Cheese Ravioli Roasted Squash Garlic Bread and Fruit Choice ME – TOGO Chicken Caesar Wrap w/Italian Pasta Salad and Fruit HS - *Pulled Pork Sandwich w/Chips, Coleslaw and Fruit</p>	<p><u>14 Breakfast – French Toast</u> FF – Chicken Bites of Fire Baked Beans and Creamy Coleslaw Cornbread w/Honey and Fruit Choice ME – TOGO *Turkey Bacon & Ranch Wrap w/Chips, Fruit & Vegetable HS – Cheeseburger w/French Fries, Fruit and Vegetable</p>	<p><u>15 Breakfast – Hot Egg & Cheese Bagel Sandwich</u> FF – Oven Roasted Turkey Mashed Potatoes w/Turkey Green Beans and Cranberry Salad Fruit Choice ME – Chicken Chili w/Cornbread Muffin, Fruit and Vegetable HS – Grilled Chicken w/Spinach & Artichoke Sandwich w/Pita Chips, Fruit and Vegetable</p>	<p><u>16 Breakfast – Oatmeal w/Toppings</u> FF – Corn Dog or Pizza Sticks Tater Tots Fresh Vegetable w/Dip Fruit Choice and Dinner Roll ME – Salad Bar w/Cup of Soup HS - *Hot Ham & Cheese Sandwich w/Baked Chips, Fruit and Vegetable</p>	<p><u>17 Breakfast – Egg Wrap</u> FF – Chicken Stir-Fry Stir Fry Vegetable Blend Vegetable Fried Rice Egg Roll and Fortune Cookie ME – TOGO Chopped Greek or Entrée Salad w/Flatbread and Fruit HS – Italian Meatball Sub w/Curly Fries, Fruit and Vegetable</p>
<p>20</p> <p>School Not in Session</p>	<p>21</p> <p>School Not in Session</p>	<p><u>22 Breakfast – Eggs, *Sausage & Toast</u> FF – Beef Taco Salad w/Chips Assorted Fixings Cilantro & Lime Rice and Refried Beans Fruit Choice ME – Salad Bar w/Fixings and Bread HS – Cheeseburger w/Baked Chips, Fruit and Vegetable</p>	<p><u>23 Breakfast - *Breakfast Sandwich</u> FF – French Toast *Sausage Links Potato Cakes and Fruit Choice ME – Cup of Soup w/1/2 Deli Sandwich, Fruit and Vegetable HS – BBQ Popcorn Chicken w/Sweet Potato Fries, Fruit and Vegetable</p>	<p><u>24 Breakfast - *Breakfast Pizza</u> FF – Deep Dish Pizza Spinach & Strawberry Salad Fruit Choice Cookie (all lines) ME – TOGO Choice of Entrée Salad w/Fruit and Bread HS – Spicy Chicken Sandwich w/French Fries, Fruit and Vegetable</p>
<p><u>27 Breakfast – Mini Pancakes</u> FF – Chicken Tenders Parmesan Mashed Sweet Potatoes Green Beans and Fruit Choice ME – TOGO Tex Mex Veggie Wrap w/Pita Chips, Fruit and Vegetable HS – Cheeseburger w/Baked Chips, Fruit and Vegetable</p>	<p><u>28 Breakfast – Yogurt Parfait & Muffin</u> FF – Roast Beef & Swiss Sandwich Italian Pasta Salad, Fresh Vegetable w/Dip and Fruit Choice *Rice Krispy Bar (all lines) ME – TOGO Deli Sandwich w/Chips, Fruit and Vegetable HS – Buffalo Chicken Sandwich w/Sweet Potato Fries, Fruit & Vegetable</p>	<p><u>29 Breakfast – Hot Egg & Cheese Bagel Sandwich</u> FF – Chicken Parmesan over Pasta Fresh Spinach & Apple Salad Whole Grain Breadstick & Fruit Choice ME – Build your own Yogurt Parfait w/Cheese Stick and Blueberry Muffin HS – Sloppy Joe on Bun w/Curly Fries, Fruit and Vegetable</p>	<p>Breakfast – Available Daily: Fruit or 100% Fruit Juice 1%, Skim or Skim Chocolate Milk</p> <p>Alternate choice is Cold Cereal w/Toast or Bagel</p>	<p>Lunch – Available Daily: 1%, Skim or Skim Chocolate Milk Fruit Choice – Fresh and Canned Bread Basket</p> <p>*Denotes may contain pork. Menu subject to change due to product availability.</p>

Make good choices. Every day.



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The High School Food Service Staff that serves breakfast and lunch with a smile.

Wanda Anderson
Kathy Burns
Chris Dahlagher
Fatima Djihic

Nancee Fick
Asfaya Hasan
Randi Jacobson
Deb Kohlbeck

Sandy Loeggering
Doris Schmidt
Lori Vachuska
Chad Plotnik – Manager
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NEW MENU ITEMS & RECIPES

This year the foodservice department is excited to introduce many new menu items and recipes. We welcome you to try them and tell us what you think. Samples are always available...happy eating!

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.

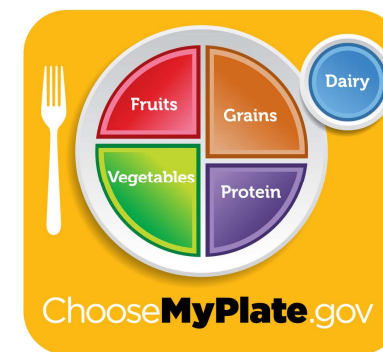
Food Service Department Contact Information

1415 81st Ave NE
Spring Lake Park 55432

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.