

# OCTOBER

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>3 <u>Breakfast – Cheese Omelet</u> Sweet &amp; Sour Chicken Rice Bowl  Steamed Vegetables Mini Egg Roll Fruit Choice</p> <p>MS Alt – Cheese or Chicken Noodle Soup w/Sandwich</p>	<p>4 <u>Breakfast – Fruit Frudel</u>  Sloppy Joe on Bun w/Pickle or  Hot &amp; Spicy Chicken on Bun Sun Chips Roasted Butternut Squash  Fruit Choice Fresh Baked Cookie MS Alt – Hot &amp; Spicy Chicken on Bun</p>	<p>5 <u>Breakfast – Yogurt Cup w/Muffin</u> BBQ Honey Chicken Bites or Hamburger Patty on Bun Baked Beans Marinated Cucumber Salad  Fruit Choice Cornbread MS Alt – Hamburger Patty on Bun</p>	<p>6 <u>Breakfast – Cinni Mini’s</u> Personal Pan Pizza – Cheese or *Pepperoni Italian Vegetable Pasta Salad Raspberry Spinach Salad Fruit Choice</p> <p>MS Alt – Baked Potato Bar</p>	<p>7 <u>Breakfast - *Hot Ham and Cheese Bagel Sandwich</u>  Cheesy Grilled Cheese Sandwich or  Southwestern Roast Beef Wrap Cup of Soup w/Crackers Fresh Vegetables w/Dip Fruit Choice MS Alt – Southwestern Roast Beef Wrap w/Soup</p>
<p>10 <u>Breakfast - *Breakfast Pizza</u> French Toast Sticks or Fruit and Yogurt Parfait Oven Roasted Potatoes * Sausage Links Fresh Vegetables w/Dip Fruit Choice MS Alt – Tomato Florentine or Chicken Dumpling Soup w/Sandwich</p>	<p>11 <u>Breakfast – Egg Wrap</u> Grilled Chicken or Cheese Quesadilla Assorted Fixings Spanish Rice Fruit Choice</p> <p>MS Alt – Turkey Mashed Potato w/Gravy</p>	<p>12 <u>Breakfast – Hot Cereal w/Toppings</u> California Burger on Bun or Crunchy Hawaiian Chicken Wrap  Assorted Toppings Confetti Coleslaw Corn on Cob Fruit Choice MS Alt – Crunchy Hawaiian Chicken Wrap</p>	<p>13 <u>Breakfast – Belgian Waffle</u> Italian Cheese Bread w/Dipping Sauce Roasted Beets and Sweets  Green Beans Fruit Choice Fruit Slush</p> <p>MS Alt – Salad Bar</p>	<p>14  School Not in Session</p>
<p>17 <u>Breakfast – Cheese Omelet</u> Hot Dog on Bun Assorted Fixings Cup of Chili w/Crackers Seasoned Broccoli (Shredded Cheese) Fruit Choice MS Alt – Mashed Potato Bar w/Chili</p>	<p>18 <u>Breakfast – Fruit Frudel</u> Chicken Tenders or Roasted Chicken and “Local” Apple Salad  Wild Rice Blend Vegetable Medley Whole Grain Dinner Roll Fruit Choice MS Alt – French Dip Sandwich</p>	<p>19  School Not in Session</p>	<p>20  School Not in Session</p>	<p>21  School Not in Session</p>
<p>24 <u>Breakfast - *Breakfast Pizza</u> Curly Pasta w/Spaghetti Sauce (Sample Pesto)  Italian Vegetable Salad Garlic Toast Fruit Choice</p> <p>MS Alt – Wild Rice or Chicken Noodle Soup w/Sandwich</p>	<p>25 <u>Breakfast – Egg Wrap</u>  Roasted Lemon Chicken or  Chef Salad Mashed Potatoes w/Gravy Tossed Salad w/Dressing Fruit Choice Rice Krispie Bar MS Alt – *BBQ Rib on a Bun</p>	<p>26 <u>Breakfast – Hot Cereal w/Toppings</u> Beef Taco Salad or  Santa Fe Chicken Wrap  Assorted Fixings Red Beans and Rice Fruit Choice</p> <p>MS Alt – Santa Fe Chicken Wrap</p>	<p>27 <u>Breakfast – Bagel w/Cream Cheese</u> BBQ Chicken Flatbread Pizza or  Mini Corn Dogs  Spring Salad Mix  Garlic Breadstick Fruit Choice</p> <p>MS Alt – Mini Corn Dogs</p>	<p>28 <u>Breakfast – Berry Breakfast Bar</u>  Hot Egg and Cheese Sandwich or Grilled Chicken Sandwich on Bun Sun Chips – Morning Mix Up  Fresh Vegetables Fruit Choice</p> <p>MS Alt – Grilled Chicken Sandwich on Bun</p>
<p>31 <u>Breakfast – Cheese Omelet</u> Beefy Noodle Hot Dish Golden Corn Fresh Vegetables w/Dip Whole Grain Dinner Roll Fruit Choice Spooktacular Snack MS Alt – Soup and Sandwich</p>	<p> <b>*Denotes may contain pork.</b> <b>Menu subject to change due to product availability.</b> MS-Middle School students <b>Westwood Intermediate Students also have a choice of a PB&amp;J or Yogurt Cup w/Cheese Stick daily</b></p>	<p><b>Read below about our new menu items!</b></p>	<p><b>Breakfast – Available Daily:</b> Fruit or 100% Fruit Juice 1%, Skim or Skim Chocolate Milk Alternate Choice is Cold Cereal w/Toast or Bagel</p>	<p><b>Lunch – Available Daily:</b> 1%, Skim or Skim Chocolate Milk Fruit Choice – Fresh and Canned Bread Basket</p>

*Make colorful choices. Everyday.*



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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!

**Monday, Oct 3 Sweet and sour chicken rice bowl** - Grilled chicken, fresh broccoli, carrots and peppers blended together in a tangy sauce served over rice

**Tuesday, Oct 4 Sloppy Joe** – We continue to work on perfecting the recipe....we hope you like it!

**Tuesday, Oct 4 – Roasted butternut squash** – Local squash tossed in a sweet mixture of brown sugar and cinnamon

**Wednesday, Oct 5 Marinated cucumber salad** – We use local cucumbers and mix together the right amount of vinegar and sugar with a hint of mint

**Friday, Oct 7 – Cheesy grilled cheese sandwich** – This is an open faced sandwich with mozzarella cheese and spaghetti sauce

**Wednesday, Oct 12 – Crunchy Hawaiian chicken wrap** – Grilled chicken, broccoli slaw, pineapple and spinach lightly tossed with poppy seed dressing

**Thursday, Oct 13 – Roasted beets and sweets** - Roasted beets and sweet potatoes lightly coated in a blend of seasonings

**Tuesday, Oct 18 – Roasted chicken and Local apple salad** –

**Monday, Oct 24 – Sample pesto day.** Pesto is a blend of pine nuts, basil, garlic, oil and cheese

**Tuesday, Oct 25 – Roasted lemon chicken** – Bone in chicken marinated in a light lemon sauce

**Wednesday, Oct 26 – Santa Fe chicken wrap** - Grilled chicken, diced tomato, corn and cheddar cheese tossed in a chipotle ranch dressing served on flour tortilla

**Thursday, Oct 27 – BBQ chicken flatbread pizza and spring salad mix** - Grilled chicken w/BBQ sauce, cheese blend and yummy veggies-Mixed greens w/poppy seed dressing

### 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.

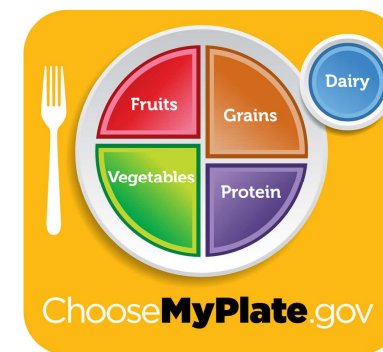
### Food Service Department Contact Information

1415 81st Ave NE  
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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.*