



SPRING LAKE PARK PUBLIC SCHOOLS SEPTEMBER 2011 K-3 MENU

Mon	Tue	Wed	Thu	Fri
 <p>BLAINE • SPRING LAKE PARK • FRIDLEY</p>			1 School Not in Session	2 School Not in Session
5 School Not in Session	<u>6 BKFST - Fruit Frudel</u> Chicken Nuggets Macaroni and Cheese Green Beans Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>7 BKFST - Yogurt Cup w/Fruit Muffin</u> Slice of Cheese or *Pepperoni Pizza OR Chicken Caesar Wrap Tossed Salad w/Dressing Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>8 BKFST - Cinni Mini's</u> *Sub Sandwich or Turkey Sandwich w/Toppings Sun Chips Fresh Vegetable w/Dip Fruit Choice Cookie Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>9 BKFST - *Hot Bagel Sandwich</u> Curly Pasta w/Meat or Meatless Sauce Garlic Toast Strawberry Spinach Salad Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick
<u>12 BKFST - *Breakfast Pizza</u> Cheeseburger on a Bun Assorted Toppings Baked Beans Fresh Vegetables w/Dip Fruit Choice Mini Ice Cream Sandwich Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>13 BKFST - Egg Wrap</u> Mini Pancakes *Sausage Links Oven Potatoes Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>14 BKFST - Hot Cereal w/Topping</u> Mandarin Orange Chicken or Fruit and Yogurt Parfait w/Cheese Stick Fluffy Rice Vegetable Blend Mini Muffin Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>15 BKFST - Belgian Waffle</u> Hot Ham and Cheese Sandwich Tator Tots Steamed Broccoli Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>16 BKFST - Scrambled Eggs w/Toast</u> Garlic Cheese Bread w/Dipping Sauce Tossed Salad w/Dressing Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick
<u>19 BKFST - Cheese Omelet</u> French Dip Sandwich w/au jus Italian Pasta Salad Fresh Vegetables w/Dip Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>20 BKFST - Fruit Frudel</u> Chicken or Beef Tacos Assorted Fixings Mexican Rice Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>21 BKFST - Yogurt w/Fruit Muffin</u> *Ranch Turkey Bacon Wrap or Grilled Chicken Sandwich Cup of Soup w/Crackers Tossed Salad w/Dressing Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>22 BKFST - Cinni Mini's</u> Meatball and Mashed Potato w/Gravy Bowl or Chicken Caesar Salad Corn Fruit Choice Dinner Roll Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>23 BKFST - *Hot Bagel Sandwich</u> BBQ Chicken Sandwich Sweet Potato Puffs Coleslaw Fruit Slush Alt: PB&J or Yogurt Cup w/Cheese Stick
<u>26 BKFST - *Breakfast Pizza</u> Chicken Parmesan over Curly Pasta Garlic Breadstick Tossed Salad w/Dressing Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>27 BKFST - Egg Wrap</u> Hot Dog on a Bun or Baked Potato w/Toppings Cup of Chili w/Crackers Broccoli w/Cheese Sauce Fruit Choice Mini Rice Krispie Bar Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>28 BKFST - Hot Cereal w/Toppings</u> Hot Egg and Cheese Sandwich or Chicken Patty on a Bun Oven Potatoes Fresh Vegetables w/Dip Fruit Choice Mini Cinnamon Roll Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>29 BKFST - Bagel w/Cream Cheese</u> Oven Baked Chicken or Cobb Salad Wild Rice Blend Vegetable Blend Petite Biscuit Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick	<u>20 BKFST - Breakfast Bar</u> Oven Roasted Turkey Gravy Mashed Potatoes Cranberry Sauce Green Beans Fruit Choice Alt: PB&J or Yogurt Cup w/Cheese Stick
PAYMENT OPTIONS: <ul style="list-style-type: none"> • PayPams • Check • Money Order • Cash is accepted but at your own risk. 	Lactose Free Milk is available upon written request by parent. Menu subject to change due to product availability. *Denotes may contain pork.	Breakfast - Available Daily: <ul style="list-style-type: none"> • Fruit or 100% Fruit Juice • 1% , Skim or Skim Chocolate Milk • Alternate choice is Cold Cereal w/ Toast 	Lunch - Available Daily: <ul style="list-style-type: none"> • 1%, Skim or Skim Chocolate Milk •  Fruit Choice - Fresh and Canned Bread Basket • Denotes a new item this year. We welcome you to try the new items and give us your feedback. If you want a sample please ask! Thank you. The Food Service Department. 	

**SPRING LAKE PARK ISD #16 FOOD SERVICE DEPARTMENT
GUIDELINES FOR STUDENT ACCOUNT BALANCES
2010 - 2011**

Spring Lake Park ISD 16 Food Service provides parents and guardians the convenience of internet access to student meal accounts, as well as personalized service at the District Office. This is done to give the information needed to successfully manage the child's meal purchases. Each cafeteria follows a "No Charging" guideline for school meals. Each school level follows the practices outlined below. This guideline anticipates more student responsibility as the student moves through grade levels.

ELEMENTARY SCHOOLS:

- Cashiers "Hand Stamp" a child who comes through the line when a child has a value of 3 lunches in their account. And the cashier will continue hand stamps to a child having a negative value of 3 lunches. (If a child eats breakfast, the money in their account will be used faster than if they just eat lunch.)
- A telephone call will be made to a parent when the child is in debit of \$.00 or below. The food service staff member will tell you what your child owes and ask that you either send money to school with your child or put money in your child's account @ PayPAMS.com.
- When an account balance reaches -3 lunches, a bag lunch will be provided, consisting of a cheese sandwich, fruit, fresh veggies, & 1/2 pint milk. This meets the nutritional requirements.
- Account information about the child can be viewed on PayPams.com or you can call the number listed below and ask to speak with the kitchen manager or cashier.

WEST WOOD SCHOOLS:

- Students must have a minimum of \$.01 in the lunch account to purchase a reimbursable meal.
- Students are not allowed to purchase ala carte* items when the balance is at or below zero.
- 2nd meals are charged at the adult meal cost. Parents may monitor a student account @ PayPAMS.com.
- Purchases on a friend's account are not allowed.
- Cashiers will make an effort to provide a verbal notice at the cash register when the balance is low. Low balance reminder slips are available at the cash register for students to take home.
- When an account balance reaches -3 lunches, a bag lunch will be provided.

SPRING LAKE PARK HIGH SCHOOL:

- Students must have at least one-half the price of a meal in their account to charge a reimbursable meal.
- Students are not allowed to purchase ala carte* items when the balance is at or below zero.
- 2nd meals are charged at the adult meal cost. .
- Purchases on a friend's account are not allowed.
- A Net Cash machine will be available to students in the cafeteria during school hours. Cash only will be accepted by the machine and will go directly to the student's account. Students may check their account balance by using the Net Cash machine during school hours.
- Cashiers will make an effort to provide a verbal notice at the cash register when the balance is low. At the high school level, notices are not sent home to the parent or guardian. A student may review the balance in his/her account by using the Net Cash machine. Parents may monitor a student account @ PayPAMS.com.

*Ala carte food items include the following: 2nd meals, additional milk, additional juice, additional entrees, additional side food offerings, or any other food that may be offered that is not part of the reimbursable lunch menu.

District 16 Food Service Office	(763) 785-5529
Spring Lake Park High School Cafeteria	(763) 783-5605
North Point Elem. Cafeteria	(763) 754-9700
Westwood Middle/Elem Cafeteria	(763) 783-5398
Park Terrace Elem. Cafeteria	(763) 783-5805
Woodcrest Elem. Cafeteria	(763) 783-5205

School Meal Prices	Lunch	Breakfast
Elementary K-5	\$2.25	\$1.20
Secondary 6-12	\$2.45	\$1.20
Reduced Price	\$.40	\$0.00
Adult	\$3.40	\$2.10
Extra Milk or Juice	\$.50	\$.50

"In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write USDA, Director, Civil Rights, room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)702-5964 or (800)795-3272 (voice) or(202)702-6382 (TTY). USDA is an equal opportunity provider and employer."