

## BREAKFAST MENU

<b>February 5</b> Mini Pancake Bites & Syrup Pear Cup	<b>6</b> Breakfast Calzone Whole Apple	<b>7</b> Chocolate Muffin Peach Cup	<b>8</b> Saint Paul Sunrise Croissant Banana	<b>9</b> Mini Cinnamon Rolls Apple Slices
<b>12</b> Chicken Waffle Sandwich Mixed Fruit Cup	<b>13</b> Egg & Cheese Breakfast Burrito Apple	<b>14</b> Apple Cinnamon Muffin Peach Cup	<b>15</b> Saint Paul Sunrise Sandwich Banana	<b>16</b> Belgian Maple Waffle Chocolate Spread Apple Slices
<b>19</b> 	<b>20</b> Breakfast Calzone Whole Apple	<b>21</b> Chocolate Muffin Peach Cup	<b>22</b> Saint Paul Sunrise Croissant Banana	<b>23</b> Mini Cinnamon Rolls Apple Slices
<b>26</b> Chicken Waffle Sandwich Mixed Fruit Cup	<b>27</b> Egg & Cheese Breakfast Burrito Apple	<b>28</b> Apple Cinnamon Muffin Peach Cup	<b>29</b> Saint Paul Sunrise Sandwich Banana	<b>March 1</b> Belgian Maple Waffle Chocolate Spread Apple Slices

## DAILY CHOICES

- Assorted Cereals
- Yogurt
- String Cheese
- Rice Bowl
- Juice
- Milk

## LUNCH MENU

### February 5

Crispy OR Spicy  
Chicken Sandwich  
OR Veggie Burger  
Potato Wedges

Popcorn Shrimp and  
Corn Muffin  
OR Grilled Cheese  
Potato Wedges  
Galaxy Sauce

6

Mongolian Beef  
OR Tofu  
Jasmine Rice  
Vegetable Egg Roll  
Broccoli

BBQ Beef Rib  
Sandwich OR  
Grilled Cheese  
Potato Wedges

7

Seasoned Beef  
Nachos  
Refried Beans  
Cheese Sauce  
Tortilla Chips

Cheeseburger OR  
Veggie Burger  
Potato Wedges  
Galaxy Sauce

### 8 MN THURSDAY!

Turkey Hot Dog  
Fingerling Potatoes

Fish & Chips  
Battered Fish Filet  
Pretzel Stick  
OR Grilled Cheese  
Waffle Fries  
Corn

9

Italian Dunker  
Marinara Sauce  
Mixed Vegetables  
Chocolate Chip  
Cookie

Shredded Seasoned  
Beef Burrito Bowl  
Cilantro Rice  
Cheese Sauce  
Roasted Corn  
Tortilla Chips

### 12 SPECIAL MENU\*

Kickin' Chicken Wings  
Mac & Cheese  
Corn Muffin  
Broccoli  
Chocolate Brownie

Chicken Sliders  
OR Grilled Cheese  
Potato Wedges

13

Teriyaki Chicken  
OR Tofu  
Jasmine Rice  
Broccoli  
Potstickers

Pulled Turkey  
Sandwich OR  
Veggie Burger  
Potato Wedges

14

TACO DAY  
Seasoned Beef  
Refried Beans  
Shredded Cheese  
Tortilla Shells

Cheeseburger  
OR Veggie Burger  
Potato Wedges  
Galaxy Sauce

15

Crispy OR Spicy  
Chicken Sandwich  
OR Veggie Burger  
Potato Wedges

Chicken Tinga Tacos  
Refried Beans  
Tortilla Shells  
Corn Relish

16

Cheese OR Turkey  
Sausage Pizza  
Make Your Own  
Caesar Salad

Shredded Beef  
Loaded Waffle Fries  
Cheese Sauce  
Pretzel Stick

19

NO SCHOOL  
TODAY!



20

Beef OR Tofu  
Bulgogi  
Jasmine Rice  
Vegetable Egg Roll  
Broccoli

Buffalo Chicken OR  
Plant Based  
Tenders Sandwich  
Potato Wedges

21

Oven Fried Chicken  
Original OR  
Nashville and  
Corn Muffin  
OR Grilled Cheese  
Mashed Potatoes

Como Street Chicken  
OR Falafel on a Pita  
Tzatziki Sauce  
Potato Wedges

22

Cheeseburger OR  
Veggie Burger  
Potato Wedges  
Galaxy Sauce

Southern Chicken  
OR Plant Based  
Tender Bowl  
Mashed Potatoes  
& Gravy  
Corn Muffin

23

Italian Dunker  
Marinara Sauce  
Mixed Vegetables  
Oatmeal Raisin  
Cookie

Crispy OR Spicy  
Chicken OR Plant  
Based Tender  
Sandwich  
Potato Wedges  
Galaxy Sauce

26

Chicken Parmesan  
with Pasta and  
Marinara Sauce  
Garlic Toast

Chicken Sliders  
OR Grilled Cheese  
Potato Wedges

27

Orange Chicken  
OR Tofu  
Jasmine Rice  
Vegetable Egg Roll  
Broccoli

Cheeseburger  
OR Veggie Burger  
Potato Wedges  
Galaxy Sauce

28

Pancakes  
Chicken Sausages  
Hash Browns

Chicken Fingers  
OR Plant Based  
Tenders  
Mac & Cheese  
Corn Muffin  
Coleslaw  
Galaxy Sauce

29

Beef Nachos  
Cheese Sauce  
Refried Beans  
Tortilla Chips

Turkey Kielbasa OR  
Plant Based  
Tenders on a Bun  
Potato Wedges

### March 1

Hamari Chicken,  
Yellow Rice, &  
French Bread OR  
Grilled Cheese  
Mixed Vegetables

Gyro OR Falafel  
on a Pita  
Tzatziki Sauce  
Potato Wedges

\*THANK YOU to the Parents of African American Students Advisory Council for your partnership in creating the menu for National African American Parent Involvement Day.

For nutrient & allergen information, visit [SchoolCafe.com/SPPS](http://SchoolCafe.com/SPPS). Choice bar and milk are available at every meal. Menu subject to change. This institution is an equal opportunity provider.