

FEBRUARY

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>*Denotes may contain pork.</p> <p>Menu subject to change due to product availability.</p> <p>INT – Intermediate Students</p> <p>MS-Middle School students</p>		<p>1 Breakfast – Hot Cereal w/Granola Chicken Pesto Flatbread Pizza or Personal Pan Pizza-cheese or *pepperoni Couscous Salad Mixed Greens w/Dressing Fruit Choice Fruit Slushy INT Alt – PB&J w/Cheese Stick MS Alt – Salad Bar</p>	<p>2 Breakfast – Cinni Mini's *Deli Sub or Turkey Sandwich Assorted Toppings Baked Chips Fresh Vegetables w/Dip Fruit Choice *Rice Krispy Bar INT Alt – PB&J w/Cheese Stick MS Alt – Spicy Chicken Sandwich</p>	<p>3</p> <p>School Not in Session</p>
<p>6 Breakfast - *Breakfast Pizza Slice of Pizza – Cheese or *Pepperoni Caesar Salad Fruit Choice Mini Muffin INT Alt – PB&J w/Cheese Stick MS Alt – Chicken Wild Rice or Chicken Noodle Soup w/Deli Sandwich</p>	<p>7 Breakfast – Egg Wrap Chicken Tenders Cheesy Potatoes California Blend Vegetables Fruit Choice INT Alt – PB&J w/Cheese Stick MS Alt – Southwestern Roast Beef Wrap w/Cheesy Potato Soup</p>	<p>8 Breakfast – Yogurt Cup w/Muffin Beef Hot Dog on a Bun Cup of Chili w/Goldfish Crackers Steamed Broccoli w/Shredded Cheese Fruit Choice Cornbread INT Alt – Baked Potato Bar MS Alt – Baked Potato Bar</p>	<p>9 Breakfast – Bagel w/Cream Cheese Curly Pasta w/Spaghetti Sauce Fresh Spinach Salad w/Dressing Fruit Choice Garlic Breadstick INT Alt – PB&J w/Cheese Stick MS Alt – Salad Bar</p>	<p>10 Breakfast – Berry Breakfast Bar Hot *Ham or Turkey and Cheese Sandwich Sun Chips Fresh Vegetable w/Dip Fruit Choice INT Alt – PB&J w/Cheese Stick MS Alt – *BBQ Rib Sandwich</p>
<p>13 Breakfast - *Breakfast Bagel French Dip Sandwich w/au jus Italian Pasta Salad Fresh Vegetable w/Dip Fruit Choice INT Alt – Chicken Smackers MS Alt - Chicken Smackers</p>	<p>14 Breakfast – Fruit Frudel Beefy Noodle Hotdish or Chef Salad Corn Fruit Choice Whole Grain Dinner Roll Valentine's Day Snack INT Alt – BBQ Chicken Sandwich MS Alt – BBQ Chicken Sandwich</p>	<p>15 Breakfast – Hot Cereal w/Granola Hot Egg and Cheese Sandwich or Fruit and Yogurt Parfait *Sausage Links Fresh Vegetables w/Dip Fruit Choice Petite Cinnamon Roll INT Alt – Hamburger on a Bun MS Alt – Hamburger on a Bun</p>	<p>16 Breakfast – Belgian Waffle Beef Taco Salad w/Chips Assorted Toppings Spanish Rice Choice of Beans Fruit Choice INT Alt – PB&J w/Cheese Stick MS Alt – Chicken Caesar Wrap</p>	<p>17 Breakfast - *Hot Ham and Cheese Bagel Sandwich Oven Roast Turkey Mashed Potatoes w/Gravy Green Beans Fruit Choice Dinner Roll INT Alt – Chicken Bites of Fire MS Alt – Chicken Bites of Fire</p>
<p>20</p> <p>School Not in Session</p>	<p>21</p> <p>School Not in Session</p>	<p>22 Breakfast – Yogurt Cup w/Muffin Cheeseburger on a Bun Assorted Toppings Curly Fries Baked Beans Fresh Vegetables w/Dip Fruit Choice INT Alt – Slice of Pizza MS Alt – Slice of Pizza</p>	<p>23 Breakfast – Cinni Mini's Mini Corn Dogs Macaroni and Cheese Tossed Salad w/Dressing Fruit Choice INT Alt – Chicken Caesar Salad MS Alt – Chicken Caesar Salad</p>	<p>24 Breakfast – Berry Breakfast Bar Honey BBQ Chicken Bites Cup of Soup w/Crackers Confetti Carrot Salad Fruit Choice INT Alt – Grilled Cheesy Sandwich w/Cup of Soup MS Alt – Grilled Cheesy Sandwich w/Cup of Soup</p>
<p>27 Breakfast - *Breakfast Pizza Meatballs Mashed Potatoes w/Gravy Coleslaw Fruit Choice Petite Biscuit INT Alt – Oven Breaded Chicken MS Alt – Oven Breaded Chicken</p>	<p>28 Breakfast – Egg Wrap Breaded Chicken Sandwich Tater Tots Hot Vegetable Blend Fruit Choice Dinner Roll Mini Ice Cream Sandwich INT Alt – Tater Tot Hotdish MS Alt - Tater Tot Hotdish</p>	<p>29 Breakfast – Hot Cereal w/Granola Chicken Parmesan over Curly Pasta Green Beans Garlic Toast Fruit Choice INT Alt – PB&J w/Cheese Stick MS Alt – French Dip Sandwich w/Baked Chips</p>	<p>Breakfast – Available Daily: Fruit or 100% Fruit Juice 1%, Skim or Skim Chocolate Milk 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>

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Make colorful choices. Everyday.



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ADD COLOR TO YOUR DAY.

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

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Lou Ann Jacobson
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NEW MENU ITEMS & RECIPES

This year the foodservice department is excited to introduce many new 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.

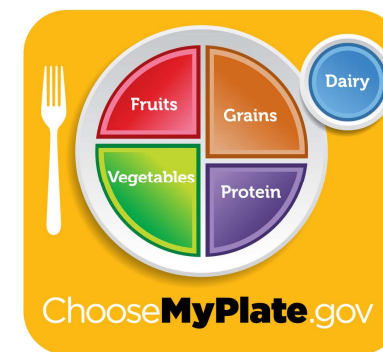
Food Service Department Contact Information

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MY PLATE REPLACES THE PYRAMID.



Tip of the Day

For good health, eat a variety of foods from each food group every day.

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