

MARCH

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>Breakfast – Available Daily:</p> <p>Fruit or 100% Fruit Juice</p> <p>1%, Skim or Skim Chocolate Milk</p> <p>Alternate Choice is Cold Cereal w/Toast or Bagel</p>	<p>Lunch – Available Daily:</p> <p>1%, Skim or Skim Chocolate Milk</p> <p>Fruit Choice – Fresh and Canned</p> <p>Bread Basket</p>	<p>1 Breakfast – Bagel w/Cream Cheese</p> <p>Italian Cheese Bread w/Dipping Sauce or Italian Pasta Vegetable Salad</p> <p>Mixed Greens w/Dressing</p> <p>Fruit Choice</p> <p>Cookie (all)</p> <p>INT – *Turkey Bacon Ranch Wrap w/Italian Pasta Salad</p> <p>MS - *Turkey Bacon Ranch Wrap w/Italian Pasta Salad</p>	<p>2 Breakfast - *Hot Ham and Cheese Bagel Sandwich</p> <p>Mandarin Orange Chicken</p> <p>Vegetable Fried Rice</p> <p>Hot Vegetable Blend</p> <p>Fruit Choice</p> <p>Fortune Cookie</p> <p>INT - PB&J w/Cheese Stick</p> <p>MS – Baked Potato Bar w/Chili</p>
<p>5 Breakfast - *Breakfast Bagel</p> <p>French Toast</p> <p>*Sausage Links</p> <p>Tri Tater</p> <p>Fruit Choice</p> <p>Mini Muffin (all)</p> <p>INT – PB&J w/Cheese Stick</p> <p>MS - Chicken Wild Rice or Chicken Noodle Soup w/Deli Sandwich</p>	<p>6 Breakfast – Fruit Frudel</p> <p>*Deli Sub or Turkey Sandwich</p> <p>Assorted Toppings</p> <p>Baked Chips</p> <p>Fresh Vegetable w/Dip</p> <p>INT – Breaded Chicken Sandwich</p> <p>MS - Breaded Chicken Sandwich</p>	<p>7 Breakfast – Hot Cereal w/Granola</p> <p>Curly Pasta w/Spaghetti Meat Sauce</p> <p>Fresh Spinach Salad w/Dressing</p> <p>Garlic Breadstick</p> <p>Fruit Choice</p> <p>INT - PB&J w/Cheese Stick</p> <p>MS - Chicken Bites of Fire w/ baked chips</p>	<p>8 Breakfast – Belgian Waffle</p> <p>Oven Roast Turkey</p> <p>Mashed Potatoes w/Gravy</p> <p>Peas</p> <p>Dinner Roll</p> <p>Fruit Choice</p> <p>Holiday Snack (all)</p> <p>INT – Slice of Pizza w/ tossed salad</p> <p>MS - Slice of Pizza w/tossed salad</p>	<p>9</p> <p>SCHOOL NOT IN SESSION</p>
<p>12</p> <p>SCHOOL NOT IN SESSION</p>	<p>13</p> <p>SCHOOL NOT IN SESSION</p>	<p>14</p> <p>SCHOOL NOT IN SESSION</p>	<p>15</p> <p>SCHOOL NOT IN SESSION</p>	<p>16</p> <p>SCHOOL NOT IN SESSION</p>
<p>19 Breakfast - *Breakfast Pizza</p> <p>Personal Pan Pizza – Cheese or *Pepperoni</p> <p>Glazed Carrots</p> <p>Fruit Choice</p> <p>Ice Cream Cup (all)</p> <p>INT - PB&J w/Cheese Stick</p> <p>MS - Tomato Florentine or Chicken Noodle Soup w/Deli Sandwich</p>	<p>20 Breakfast – Egg Wrap</p> <p>Chicken Tenders</p> <p>Cheesy Potatoes</p> <p>California Vegetable Blend</p> <p>Fruit Choice</p> <p>INT - PB&J w/Cheese Stick</p> <p>MS - French Dip Sandwich w/ cheesy potatoes</p>	<p>21 Breakfast – Yogurt Cup w/Muffin</p> <p>Baked Potato Bar or Beef Hot Dog on Bun</p> <p>Cup of Chili w/Goldfish Crackers</p> <p>Steamed Broccoli w/Shredded Cheese</p> <p>Fruit Choice</p> <p>Cornbread (all)</p> <p>INT - Baked Potato Bar w/toppings</p> <p>MS - Baked Potato Bar w/toppings</p>	<p>22 Breakfast – Cinni Minni’s</p> <p>Cheeseburger on a Bun</p> <p>French Fries</p> <p>Baked Beans</p> <p>Fresh Vegetables w/Dip</p> <p>Fruit Choice</p> <p>INT - PB&J w/Cheese Stick</p> <p>MS - Chow Mein over rice and vegetables</p>	<p>23 Breakfast – Berry Breakfast Bar</p> <p>Honey BBQ Chicken Bites or Breaded Chicken Sandwich</p> <p>Mac and Cheese</p> <p>Coleslaw</p> <p>Fruit Choice</p> <p>INT - Honey BBQ Chicken Bites w/macaroni and cheese</p> <p>MS - Honey BBQ Chicken Bites w/macaroni and cheese</p>
<p>26 Breakfast - *Breakfast Bagel</p> <p>Oven Breaded Chicken or Cobb Salad</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Dinner Roll (all)</p> <p>Fruit Choice</p> <p>INT - Chef Salad (Grab and Go)</p> <p>MS - Salad Bar</p>	<p>27 Breakfast – Fruit Frudel</p> <p>Tator Tot Hot Dish or BBQ Chicken Breast Sandwich</p> <p>Tator Tots</p> <p>Corn</p> <p>Breadstick (all)</p> <p>INT - BBQ Chicken Breast w/Tator Tots</p> <p>MS - BBQ Chicken Breast w/Tator Tots</p>	<p>28 Breakfast – Mini Pancakes</p> <p>Hot Egg and Cheese Sandwich or Mini Corn Dogs</p> <p>Oven Potatoes</p> <p>Fresh Vegetables w/Dip</p> <p>Fruit Choice</p> <p>Petite Cinnamon Roll (all)</p> <p>INT - Mini Corn Dogs w/potatoes</p> <p>MS - Mini Corn Dogs w/ potatoes</p>	<p>29 Breakfast – Bagel w/Cream Cheese</p> <p>Chicken Parmesan over Pasta</p> <p>Caesar Salad</p> <p>Garlic Toast</p> <p>Fruit Choice</p> <p>INT - PB&J w/Cheese Stick</p> <p>MS - Hamburger on a Bun w/ sweet potato puffs and salad</p>	<p>30 Breakfast - *Hot Ham and Cheese Bagel Sandwich</p> <p>French Dip Sandwich w/au jus</p> <p>Sun Chips</p> <p>Cucumber Salad</p> <p>Fruit Choice</p> <p>*Rice Krispie bar (all)</p> <p>INT - Spicy Chicken Sandwich w/chips</p> <p>MS - Spicy Chicken Sandwich w/ chips</p>

Make colorful choices. Everyday.

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

Judy Hanks
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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.

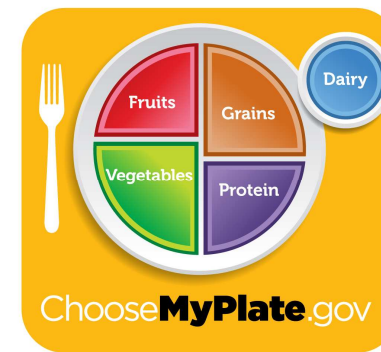
Food Service Department Contact Information

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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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