

MARCH

SPRING LAKE PARK SCHOOL DISTRICT
SPRING LAKE PARK HIGH SCHOOL

ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>*Denotes may contain pork. Menu subject to change due to product availability.</p>	<p><u>NEW LOOK – NEW NAMES</u></p> <p>FF – Fan Fare Line</p> <p>ME – Market Express Line</p> <p>HS – Hot Spot Line</p> <p>*All lines include fruit and veg</p>	<p>1 Breakfast – Fruit & Yogurt Parfait</p> <p>FF – Italian Cheese Bread w/Tomato Sauce</p> <p>Green Beans</p> <p>Tossed Salad w/Dressing</p> <p>Fruit Choice</p> <p>ME – Chicken Chili and Cornbread</p> <p>HS – French Dip w/au jus and French Fries</p>	<p>2 Breakfast – Fruit Frudel!</p> <p>FF – Chicken Fried Rice</p> <p>Stir Fry Vegetables</p> <p>Vegetarian Egg Roll</p> <p>Fortune Cookie</p> <p>Fruit Choice</p> <p>ME – Salad Bar w/Cup of Soup</p> <p>HS – Breaded Chicken Sandwich w/Sun Chips</p>
<p>5 Breakfast - *Breakfast Pizza</p> <p>FF – Oven Breaded Chicken Macaroni and Cheese</p> <p>Coleslaw, Cornbread & Fruit Choice</p> <p>ME – TOGO Breaded Buffalo/Ranch Chicken Wrap w/Pasta Salad</p> <p>HS – Cheeseburger w/Baked Chips</p>	<p>6 Breakfast – French Toast</p> <p>FF – Chicken Alfredo</p> <p>Steamed Broccoli</p> <p>Whole Wheat Breadstick</p> <p>Fruit Choice</p> <p>ME – TOGO Turkey Flatbread Sandwich w/Caesar Salad</p> <p>HS – Mini Corndogs w/Seasoned Fries</p>	<p>7 Breakfast – Scrambled Eggs, *Sausage and Toast</p> <p>FF – Build Your Own Sub w/Sun Chips</p> <p>Assorted Toppings</p> <p>Fresh Vegetables w/Dip, Fruit Choice & Chocolate Chip Cookie (all lines)</p> <p>ME – Deli Sandwich w/chips</p> <p>HS - *Pulled Pork Sandwich w/Curly Fries</p>	<p>8 Breakfast – Oatmeal w/Toppings</p> <p>FF – Chicken Teriyaki</p> <p>Rice w/Chow Mein Noodles</p> <p>Steamed Vegetables</p> <p>Fruit Choice</p> <p>ME – TOGO Entrée Salad Choice with bread choice</p> <p>HS – Mozzarella Turkey Burger w/Sweet Potato Fries</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 – Mini Pancakes</p> <p>FF – Shrimp Poppers</p> <p>Brown Rice</p> <p>Roasted Vegetables</p> <p>Mango Salsa</p> <p>Fruit Choice</p> <p>ME – Baked Potato Bar & Chili</p> <p>HS – BBQ & Cheddar Chicken Sandwich w/French Fries</p>	<p>20 Breakfast – Cinni Minni’s</p> <p>FF – Spaghetti and Meatballs</p> <p>Whole Wheat Breadstick</p> <p>Tossed Salad w/Dressing</p> <p>Fruit Choice</p> <p>ME – Salad Bar & Garlic Bread</p> <p>HS - *Bacon Cheeseburger w/Baked Chips</p>	<p>21 Breakfast – Hot Egg & Cheese Bagel</p> <p>FF – Chicken Tenders</p> <p>Cheesy Potatoes</p> <p>Baked Beans</p> <p>Fresh Vegetables w/Dip & Fruit Choice</p> <p>Biscuit</p> <p>ME – TOGO Choice of Deli Sandwich w/chips</p> <p>HS – Hot Turkey Sandwich w/Mozzarella, Tomatoes & Cranberries w/Curly Fries</p>	<p>22 Breakfast – Fruit & Yogurt Parfait</p> <p>FF – Beef or Grilled Chicken Tacos</p> <p>Assorted Fixings</p> <p>Spanish Rice</p> <p>Fruit Choice</p> <p>Churro</p> <p>ME – Salad Bar w/ cup of soup & bread choice</p> <p>HS – Cold Chicken Salad Sandwich w/French Fries</p>	<p>23 Breakfast – Belgian Waffle</p> <p>FF – Slice of Deep Dish Pizza – Cheese or *Pepperoni</p> <p>Spinach and Apple Salad</p> <p>Fruit Choice</p> <p>Frozen Yogurt Cup (all lines)</p> <p>ME – TOGO Chicken Caesar Wrap w/chips</p> <p>HS – Italian Meatball Sub w/Sun Chips</p>
<p>26 Breakfast – Breakfast Pizza</p> <p>FF – Oven Roasted Turkey w/Gravy</p> <p>Mashed Potatoes</p> <p>Cranberries</p> <p>Glazed Carrots</p> <p>Fruit Choice and Dinner Roll</p> <p>ME – Taco Bar w/fixings</p> <p>HS – Egg and Cheese Croissant w/Breakfast Potatoes</p>	<p>27 Breakfast – French Toast</p> <p>FF – Mandarin Orange Chicken</p> <p>White Rice</p> <p>Stir Fry Vegetables</p> <p>Fruit Choice</p> <p>ME – Fruit and Yogurt Parfait w/String Cheese and Blueberry Muffin</p> <p>HS – Spicy Chicken Sandwich w/Baked Chips</p>	<p>28 Breakfast – Scrambled Eggs, *Sausage and Toast</p> <p>HS – Ricotta Ravioli w/Tomato Sauce</p> <p>Whole Wheat Breadstick</p> <p>Tossed Salad w/Dressing</p> <p>Fruit Choice</p> <p>ME – TOGO Choice of Deli Sandwich w/potato salad</p> <p>HS – Chicken Bites of Fire w/Potato Salad</p>	<p>29 Breakfast – Oatmeal w/Toppings</p> <p>FF – French Toast Sticks</p> <p>*Sausage Links</p> <p>Breakfast Potatoes</p> <p>Fruit Choice</p> <p>Petite cinnamon roll</p> <p>ME – ½ Deli Sandwich w/ cup of soup</p> <p>HS - *Hot Ham and Cheese on Ciabatta Bread w/Curly Fries</p>	<p>30 Breakfast – Fruit Frudel!</p> <p>FF – BBQ Chicken Bites</p> <p>Parmesan Mashed Sweet Potatoes</p> <p>Green Beans</p> <p>Fruit Choice</p> <p>ME – Choice of Entrée Salad and Breadstick</p> <p>HS – Cheeseburger w/French Fries</p>

Make colorful choices. Everyday.

ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.

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

Wanda Anderson
Kathy Burns
Chris Dahlagher
Fatima Djihic

Nancee Fick
Asfaya Hasan
Randi Jacobson
Deb Kohlbeck

Sandy Loeggering
Doris Schmidt
Lori Vachuska
Chad Plotnik – Manager
Phone #763-783-5605 or
cplotn@district16.org

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!

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.

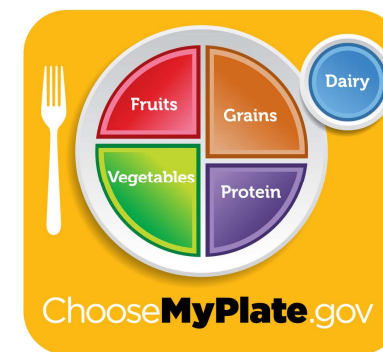
Food Service Department Contact Information

1415 81st Ave NE
Spring Lake Park 55432

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.

