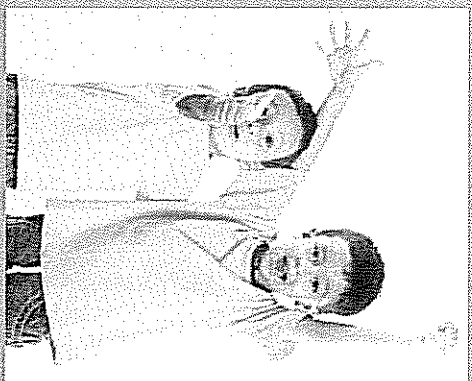




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>06</b> BREAKFAST Pumpkin Muffin, Apple Wedges LUNCH Sesame Chicken SIDES Brown Rice Steamed Carrots Pineapple Tribbles Collage Cheese Fresh Veggies & Salad Greens	<b>07</b> BREAKFAST Egg & Cheese Tortilla, Banana LUNCH Sloppy Joe on Whole Grain Bun SIDES Sweet Potato Fries Apple Wedges Black Bean Salad Fresh Veggies & Salad Greens	<b>08</b> BREAKFAST Apple Cinnamon Muffin, Mango LUNCH Chicken or Vegetarian Fajita on Whole Grain Tortilla SIDES Refried Beans Banana Hard-boiled Eggs Fresh Veggies & Salad Greens	<b>09</b> BREAKFAST Lemon Poppyseed Muffin Orange Wedges LUNCH Italian Dunkers with Manhana Sauce SIDES Green Beans, Peas Black Bean Salad Fresh Veggies & Salad Greens	<b>10</b> NO SCHOOL
<b>13</b> BREAKFAST Pumpkin Muffin Kwi LUNCH Roasted Chicken Drumstick SIDES Roasted Red Potatoes Minneola Hard-boiled Eggs Fresh Veggies & Salad Greens	<b>14</b> BREAKFAST Egg & Cheese Tortilla, Banana LUNCH Turkey Hot Dog on Whole Grain Bun SIDES Steamed Carrots Peaches Garbanzo Bean Salad Fresh Veggies & Salad Greens	<b>15</b> BREAKFAST Apple Cinnamon Muffin Pineapple LUNCH Cheese or Hawaiian Pizza SIDES Peas Banana Collage Cheese Fresh Veggies & Salad Greens	<b>16</b> BREAKFAST Lemon Poppyseed Muffin Orange Wedges LUNCH Veggie Chili and Cornbread SIDES Strawberry Cup Garbanzo Bean Salad Fresh Veggies & Salad Greens	<b>17</b> BREAKFAST Cheese Omelet Apple Wedges LUNCH Spaghetti & Meatballs SIDES Garlic Bread Green Beans Mixed Fruit Hard-boiled Eggs Fresh Veggies & Salad Greens
<b>20</b> NO SCHOOL	<b>21</b> BREAKFAST Egg & Cheese Tortilla Minneola LUNCH Chicken Rice Bowl SIDES Broccoli and Carrots Peas Collage Cheese Fresh Veggies & Salad Greens	<b>22</b> BREAKFAST Apple Cinnamon Muffin Banana LUNCH Beef or Vegetarian Soft Shell Taco SIDES Refried Beans Minneola Cheddar Cheese Fresh Veggies & Salad Greens	<b>23</b> BREAKFAST Lemon Poppyseed Muffin Pineapple LUNCH Hamburger on Whole Grain Bun SIDES Coleslaw Banana Rice and Bean Salad Fresh Veggies & Salad Greens	<b>24</b> BREAKFAST Cheese Omelet Orange Wedges LUNCH Pasta with Manhana Sauce SIDES Garlic Bread, Broccoli Peach Cup Hard-boiled Eggs Fresh Veggies & Salad Greens
<b>27</b> BREAKFAST Pumpkin Muffin Apple Wedges LUNCH Chicken Stew with Whole Grain Biscuit SIDES Green Beans Kwi, Collage Cheese Fresh Veggies & Salad Greens	<b>28</b> BREAKFAST Egg & Cheese Tortilla, Banana LUNCH Italian Dunkers with Manhana Sauce SIDES Peas Applesauce Corn and Edamame Salad Fresh Veggies & Salad Greens	<b>29</b> BREAKFAST Apple Cinnamon Muffin Cantaloupe LUNCH BBQ Chicken Drumstick SIDES Beets and Sweet Potatoes Banana Hard-boiled Eggs Fresh Veggies & Salad Greens	<b>Menu subject to change due to availability of food.</b>	



**Food allergen awareness**

Did you know that eight allergies account for over 50% of food allergies? These allergens include eggs, fish, milk, peanuts, shellfish, soybeans, tree nuts, and wheat.

Nutrition Services has taken several steps to increase food allergen awareness. Breakfast products made in the Nutrition Center have labels listing any of the top eight allergens they may contain. Allergen information is also posted in the cafeteria for students to reference. Additionally, a comprehensive menu highlighting allergens is posted on ns.spps.org. These changes were implemented in January and will continue to ensure the safety of students with food allergies. Nutrition Services is dedicated to serving safe, healthy foods to help students achieve academic success as well as prepare them for a lifetime of whole-some food choices.

**Allergen Notice**

Products have been made at the District's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts, flaxseed and other ingredients are used. For complete allergen and ingredient information, visit ns.spps.org. Questions? Call Mari Lowry, Quality Control Specialist at 651.603.4956.

Mealless item Locally grown