

NOVEMBER

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>MS-Middle School students Westwood Intermediate Students also have a choice of a PB&J or Yogurt Cup w/Cheese Stick daily</p>	<p>1 Breakfast – Fruit Frudel Mandarin Orange Chicken or Entrée Salad Fluffy Rice Stir Fry Vegetables Fruit Choice Fortune Cookie Mini Egg Roll MS Alt – Southwestern Roast Beef Wrap</p>	<p>2 Breakfast – Yogurt Cup w/Muffin Meatball and Mashed Potato w/Gravy Bowl Golden Corn Fresh Vegetables w/Dip Fruit Choice MS Alt – Totally Taco</p>	<p>3 Breakfast – Cinni Mini’s Choice of Pizza – Cheese or *Pepperoni Tossed Salad w/Dressing Fruit Choice Pudding Cup w/Topping MS Alt – Caesar Salad Bar</p>	<p>4 Breakfast - *Hot Ham and Cheese Bagel Sandwich Mini Pancakes Oven Roasted Potatoes *Sausage Links Fruit Choice MS Alt – Mashed Potato Bar</p>
<p>7 Breakfast - *Breakfast Pizza *BBQ Rib on a Bun or Mini Corn Dogs Seasoned French Fries Steamed Vegetable Choice Fruit Choice Fresh Baked Cookie MS Alt - *BBQ Rib on a Bun w/Fries</p>	<p>8 Breakfast – Egg Wrap Beef Taco Salad or Santa Fe Chicken Wrap Assorted Fixings Spanish Rice Fruit Choice MS Alt – Santa Fe Chicken Wrap</p>	<p>9 Breakfast – Hot Cereal w/Topping Honey BBQ Chicken Bites or Grilled Chicken Breast on a Bun Baked Beans Confetti Coleslaw Fruit Choice Petite Cinnamon Roll MS Alt – Grilled Chicken Breast Sandwich</p>	<p>10 Breakfast – Belgian Waffle Cheese Ravioli w/Spaghetti Sauce or Chef Salad Garlic Toast Tossed Salad w/Dressing Fruit Choice MS Alt – Salad Bar</p>	<p>11 School Not in Session</p>
<p>14 Breakfast – Cheese Omelet Cheeseburger on a Bun Assorted Toppings Sweet Potato Puffs Spring Salad Fruit Choice MS Alt – Cheese Soup or Chicken Dumpling Soup w/Deli Sandwich</p>	<p>15 Breakfast – Fruit Frudel Teriyaki Chicken Dippers or Sloppy Joe on a Bun Fried Rice Steamed Vegetable Blend Fruit Choice Mini Muffin MS Alt – Sloppy Joe on a Bun</p>	<p>16 Breakfast – Yogurt Cup w/Muffin *Deli Sub Sandwich or Deli Turkey Sub Baked Chips Fresh Vegetables w/Dip Fruit Choice MS Alt – Spicy Chicken Sandwich</p>	<p>17 Breakfast – Bagel w/Cream Cheese Chicken Smackers or Vegetarian Flatbread Pizza Mashed Sweet Potatoes Tossed Salad w/Dressing Fruit Choice MS Alt – Vegetarian Flatbread Pizza</p>	<p>18 Breakfast – Berry Breakfast Bar Roast Turkey Gravy Mashed Potatoes Cranberry Sauce Green Beans Dinner Roll Fruit Choice MS Alt – Slice of Pizza and Tossed Salad w/Dressing</p>
<p>21 Breakfast - *Breakfast Pizza Breaded Chicken on a Bun Sweet Potato Fries Fresh Vegetables w/Fries Fruit Choice MS Alt – Grilled Cheesy Bread w/Tomato Soup and Crackers</p>	<p>22 Breakfast – Egg Wrap French Dip Sandwich w/au jus or Honey BBQ Chicken Bites Italian Pasta Salad Steamed Vegetables Fruit Choice Mini Rice Krispie Bar MS Alt – Honey BBQ Chicken Bites</p>	<p>23 Breakfast – Hot Cereal w/Topping Hot Egg and Cheese Sandwich or Fruit and Yogurt Parfait Sun Chips – Morning Mix Up Fresh Vegetables w/Dip Fruit Choice MS Alt – Corn Dog w/Macaroni and Cheese</p>	<p>24 School Not in Session</p>	<p>25 School Not in Session</p>
<p>28 Breakfast – Cheese Omelet Grilled Chicken or Cheese Quesadilla Assorted Toppings Golden Corn Fruit Choice Churro MS Alt – Tomato Florentine or Chicken Noodle Soup w/Deli Sandwich</p>	<p>29 Breakfast – Fruit Frudel Hot Dog on a Bun or Baked Potato Bar Cup of Chili w/Crackers Steamed Broccoli w/Shredded Cheese Fruit Choice Cornbread w/Honey MS Alt – Baked Potato Bar w/Chili</p>	<p>30 Breakfast – Bagel w/Cream Cheese Curly Pasta with Spaghetti Meat Sauce Garlic Breadstick Fresh Spinach Salad w/Dressing Fruit Choice MS Alt – French Dip Sandwich</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>

Make colorful choices. Everyday.



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

Judy Hanks
Lou Ann Jacobson
Marlys Johnston
Delores Jones

Linda Nash
Elsie Petrie
Sherrie Phelps
Patty Schlechter

Carol Skalicky
Carole Sorenson
Sue Vorlicky
Ann Washenberger - Manager
Phone # 763-783-5398
awashe@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.

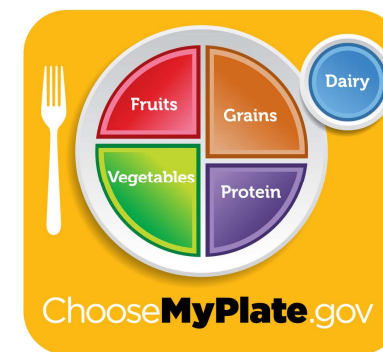
Food Service Department Contact Information

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.

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