



APRIL 2014

Breakfast and Lunch Menus



CHEF MANNY PANDA'S NUTRITION FACTS



SLPS Food Service Director:
Althea Albert-Santiago
Phone: 314-345-4519
Director of Dining Services:
Tony Starks
Phone: 314-381-4155

Walk It Out!

- April 2nd is National Walking Day
 - Lace up your sneakers and get out and walk for 30 minutes
 - Find a friend and a safe route to school and walk to and from school
- National grilled cheese Day
 - National grilled cheese Day is April 12th, enjoy this favorite treat on April 14th for lunch



PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



SLPS MIDDLE SCHOOL BREAKFAST



Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

31- Cinnamon Raisin Bagel
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Pineapple Tidbits

1- Ham, Egg & Cheese Quesadilla
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Applesauce

2- Mini Cinnis Roll
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Pineapple Tidbits

3- English Muffin w/Egg & Sausage
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange juice
Fresh Bananas

4- Turkey Sausage Links
Country Style Hash Brown
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Peaches

7- Colby Cheese Omelet
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Diced Pears

8- Cinnamon Raisin Bagel
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Orange

9- Whole Grain Pancakes w/Syrup
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Fresh Apples

10- Biscuit & Country Gravy
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Peaches

11- Pineapple Yogurt Parfait
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Fresh Bananas

14- Turkey Pancake Wrap on a Stick
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Applesauce

15- Scramble Egg w/Biscuit
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Diced Pears

16- Egg & Cheese Burrito
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Pineapple Tidbits

17- Biscuit w/Sausage & Cheese
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Fresh Bananas

18- Jumbo Waffles
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Fresh Apples

21- French Toast Sticks w/ Turkey
Sausage
Assorted Low Sugar Cereals &WW
toast, jelly
100% Grape Juice
Diced Pears

22- Breakfast Sausage Pizza
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Oranges

23- Whole Grain Pancakes w/Syrup
Assorted Low Sugar Cereals &WW toast,
jelly
100% Orange Juice
Fresh Apples

24- Whole Grain Blueberry Loaf
Assorted Low Sugar Cereals &WW
toast, jelly
100% Grape Juice
Applesauce

25- Whole Wheat Toast w/Margarine
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Sliced Peaches

28- Mini Cinnis Roll
Assorted Low Sugar Cereals &WW
toast, jelly
100% Apple Juice
Pineapple Tidbits

29- Ham, Egg & Cheese Quesadilla
Assorted Low Sugar Cereals &WW
toast, jelly
100% Orange Juice
Applesauce

30- Cinnamon Raisin Bagel
Assorted Low Sugar Cereals &WW toast,
jelly
100% Grape Juice
Pineapple Tidbits

Menu Meal Prices

Paid Lunch.....	\$1.25	Paid Breakfast.....	\$0.00	
Reduced Lunch.....	\$0.40	Reduced Breakfast.....	\$0.00	
Staff/Adult Lunch.....	\$2.50	Staff/Adult Breakfast.....	\$2.00	Milk.....\$0.35

Milk

Reduced Fat Milk Variety
Offered Daily



District Chefs:

Dan Welsh
Dominick Hayman
Tyler Carter
Gary Johnson
Willie Matthews

Nutrition Coordinator

Megan Fraley MS, RD, LD



SLPS MIDDLE SCHOOL LUNCH

Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

31- Beefy Macaroni
Ham & Cheese Sub
Chef Salad
5 Way Mixed Vegetables
Fresh Fruit & Salad Bar

1- Sweet & Sour Chicken Popcorn
Hamburger
Chicken Garden Salad
Green Beans
Fresh Fruit & Salad Bar

2- Grilled Cheese Sandwich
Chili Dog
Small Caesar Salad
Seasoned Potato Wedges
Fresh Fruit & Salad Bar

3- Chicken Patty Sandwich
Supreme Nacho
Crispy Chicken Salad
Steamed Broccoli
Fresh Fruit & Salad Bar

4- Garlic & Herb Rotini
w/Breadstick
WG Cheese Pizza
Chicken Garden Salad
Sweet Potato Fries
Fresh Fruit & Salad Bar

7- Beef Sauce Ravioli w/Roll
Orange Chicken Popcorn
Chicken Garden Salad
Steamed Broccoli
Fresh Fruit & Salad Bar

8- Grilled Cheese Sandwich
Spicy Chicken Rings w/Roll
Grilled Chicken Garden Salad
Cooked Crinkle Cut Carrots
Fresh Fruit & Salad Bar

9- WG Pepperoni Pizza
Turkey & Cheese Sandwich
Chef Salad
5 Way Mixed Vegetables
Fresh Fruit & Salad Bar

10- Spicy Chicken Sandwich
Chicken Enchiladas w/Spanish Rice
Ham & Cheese Salad
Corns
Fresh Fruit & Salad Bar

11- Teriyaki Chicken w/Brown Rice
Fish Nuggets
Crispy Chicken Salad
Green Beans
Fresh Fruit & Salad Bar

14- Beef Taco
Grilled Cheese Sandwich
BBQ Chicken Salad
Steamed Broccoli
Fresh Fruit & Salad Bar

15- Cheese Quesadilla
Chicken Tenders
Italian Chicken Salad
5 Way Mixed Vegetables
Fresh Fruit & Salad Bar

16- WG Cheese Pizza
Turkey Hot Dog
Chef Salad
Cooked Crinkle Cut Carrots
Fresh Fruit & Salad Bar

17- Meat Sauce Spaghetti
w/Breadstick
Ham, Turkey & Cheese Wrap
Chicken Garden Salad
Green Beans
Fresh Fruit & Salad Bar

18- Patty Melt
Chicken Tenders
Southwest Chicken Salad
Potato Tater
Fresh Fruit & Salad Bar

21- Bean & Cheese Burrito
Spicy Chicken Wrap
Ham & Cheese Salad
Broccoli w/Cheese Sauce
Fresh Fruit & Salad Bar

22- Alfredo Pasta
Teriyaki Chicken w/Brown Rice
Crispy Chicken Salad
5 Way Mixed Vegetables
Fresh Fruit & Salad Bar

23- Homemade Sloppy Joe
Sandwich
Southwest Veggie Wrap
Crispy Chicken Salad
Mashed Potatoes
Fresh Fruit & Salad Bar

24- Turkey Corn Dog
WG Supreme Pizza
Turkey & Cheese Wrap
Sweet Potato Fries
Fresh Fruit & Salad Bar

25- Meatball Sub
Crispy Chicken Wrap
Chicken Garden Salad
Green Beans
Fresh Fruit & Salad Bar

28- Beefy Macaroni
Ham & Cheese Sub
Chef Salad
5 Way Mixed Vegetables
Fresh Fruit & Salad Bar

29- Sweet & Sour Chicken
Popcorn
Hamburger
Crispy Chicken Salad
Green Peas
Fresh Fruit & Salad Bar

30- Grilled Cheese Sandwich
Chili Dog
Chicken Caesar Salad
Seasoned Potato Wedges
Fresh Fruit & Salad Bar

April 2014

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Milk

Reduced Fat Milk Variety
Offered Daily



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