



Breakfast

High School



Fresh Fruit and Juice Bar Served Daily!

September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1- NO SCHOOL!	2- Mini Cinni Roll Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Applesauce	3- Mini Blueberry Pancake w/Syrup Assorted Low Sugar Cereal WG WG Toast w/Margarine Grape Juice Pineapple Tidbits	4- Colby Cheese Omelet w/Salsa Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Fresh Banana	5- Sausage & Cheese English Muffin Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Sliced Peaches
8- Waffle w/Syrup Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Fresh Orange	9- Blueberry Nutrigrain Bar & String Cheese Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Applesauce	10- French Toast w/Syrup Assorted Low Sugar Cereal WG WG Toast w/Margarine Grape Juice Pineapple Tidbits	11- Breakfast Sausage Pizza Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Fresh Banana	12- Sausage & Cheese Biscuit Sandwich Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Sliced Peaches
15- Egg & Potato Breakfast Burrito w/Salsa Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Pineapple Tidbits	16- Cinnamon Raisin Bagel w/Cream Cheese Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Applesauce	17- Pancake w/Syrup Assorted Low Sugar Cereal WG WG Toast w/Margarine Grape Juice Pineapple Tidbits	18- Strawberry Banana Yogurt & Honey Graham Cracker Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Fresh Banana	19- Turkey Sausage Link & Hash Brown Potato Patty Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Sliced Peaches
22- Breakfast on a Stick w/Syrup Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Pineapple Tidbits	23- Blueberry Muffin WG Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Applesauce	24- Cinnamon French Toast w/Syrup Assorted Low Sugar Cereal WG WG Toast w/Margarine Grape Juice Pineapple Tidbits	25- Oatmeal Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Fresh Banana	26- Sausage Bagel Sandwich Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Sliced Peaches
29- Mini Blueberry Pancakes w/Syrup Assorted Low Sugar Cereal WG WG Toast w/Margarine Apple Juice Diced Pears	30- Chocolate Chunk Banana Bar & String Cheese Assorted Low Sugar Cereal WG WG Toast w/Margarine Orange Juice Applesauce			

WG-Whole Grain

SLPS Foodservice Director: Althea Albert-Santiago, Director of Dining Services: Mike Butler, 314-381-4155

Secondary Lunch & Breakfast Menu Meal Prices

Second Lunch Meal.....\$1.35	Second Breakfast Meal.....\$1.35	
Staff/Adult Lunch.....\$2.50	Staff/Adult Breakfast.....\$2.25	Milk.....\$0.40



Milk
Reduced Fat Milk Variety Offered Daily

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Lunch

High School

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL!

8- Traditional Cuisine: Country Fried Steak w/Roll
Ballpark Classics: Spicy Chicken Sandwich
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Pepperoni Pizza
Cordon Bleu Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Chicken Teriyaki w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Chef Salad w/Roll
Hot Vegetables: Steamed Broccoli, Tater Gem, Mexican, or Monterey Blend

9- Traditional Cuisine: Chicken Tetrzini w/Breadstick
Ballpark Classics: Cheeseburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Buffalo Chicken Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Beef Stir Fry w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Chicken Salad w/Mixed Greens & Crackers
Hot Vegetables: Green Beans, Seasoned Potato Wedges, Mexican, or Monterey Blend

10- Traditional Cuisine: Meatloaf w/Roll and Rice
Ballpark Classics: Hamburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Sausage Crumbles Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Orange Chicken w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Italian Chicken Salad w/Crackers
Hot Vegetables: Steamed Broccoli, Seasoned Potato Wedges, Mexican, or Monterey Blend

11- Traditional Cuisine: Chicken Pot Pie w/Biscuit Crust
Ballpark Classics: Cheeseburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or BBQ Chicken Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Beef Thai Stir Fry w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Cobb Salad w/Crackers
Hot Vegetables: Steamed Broccoli, Mexican, Tater Gem, or Monterey Blend

12- Traditional Cuisine: Swedish Meatballs w/Rice
Ballpark Classics: Spicy Chicken Sandwich
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Chicken Alfredo Pizza
Cordon Bleu Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Sweet and Sour Chicken w/Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Teriyaki Chicken Salad w/Crackers
Hot Vegetables: Corn, Seasoned Potato Wedges, Mexican, or Monterey Blend

15- Traditional Cuisine: Country Fried Steak w/Roll
Ballpark Classics: Spicy Chicken Sandwich
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Pepperoni Pizza
Turkey Pesto Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Chicken Teriyaki w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Grilled Chicken Salad w/Crackers
Hot Vegetables: Steamed Broccoli, Seasoned Potato Wedges, Mexican, or Monterey Blend

16- Traditional Cuisine: Chicken Tetrzini w/Breadstick
Ballpark Classics: Cheeseburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Buffalo Chicken Pizza
Turkey Pesto Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Beef Stir Fry w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Turkey Taco Salad
Hot Vegetables: Crinkle Cut Carrots, Seasoned Potato Wedges, Mexican, or Monterey Blend

17- Traditional Cuisine: Meatloaf w/Roll and Rice
Ballpark Classics: Italian Wrap
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Sausage Crumbles Pizza
Turkey Pesto Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Orange Chicken w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Italian Chicken Salad w/Crackers
Hot Vegetables: Green Peas, Seasoned Potato Wedges, Mexican, or Monterey Blend

18- Traditional Cuisine: Chicken Pot Pie w/Biscuit Crust
Ballpark Classics: Cheeseburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or BBQ Chicken Pizza
Turkey Pesto Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Beef Thai Stir Fry w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Chicken Caesar Salad w/Crackers
Hot Vegetables: Seasoned Potato Wedges, Mexican, Steamed Broccoli, or Monterey Blend

19- Traditional Cuisine: Swedish Meatballs w/Rice
Ballpark Classics: Spicy Chicken Sandwich
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Chicken Alfredo Pizza
Turkey Pesto Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Sweet and Sour Chicken w/Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Crispy Chicken Salad w/Crackers
Hot Vegetables: Mashed Potatoes, Seasoned Potato Wedges, Mexican, or Monterey Blend

22- Traditional Cuisine: Country Fried Steak w/Roll
Ballpark Classics: Spicy Chicken Sandwich
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Pepperoni Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Chicken Teriyaki w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Chef Salad w/Roll
Hot Vegetables: Steamed Broccoli, Tater Gem, Mexican, or Monterey Blend

23- Traditional Cuisine: Chicken Tetrzini w/Breadstick
Ballpark Classics: Cheeseburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Buffalo Chicken Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Beef Stir Fry w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Chicken Salad w/Mixed Greens & Crackers
Hot Vegetables: Steamed Broccoli, Tater Gem, Mexican, or Monterey Blend

24- Traditional Cuisine: Meatloaf w/Roll and Rice
Ballpark Classics: Hamburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Sausage Crumbles Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Orange Chicken w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: BBQ Chicken Salad w/Crackers
Hot Vegetables: Green Peas, Tater Gem, Mexican, or Monterey Blend

25- Traditional Cuisine: Chicken Pot Pie w/Biscuit Crust
Ballpark Classics: Cheeseburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or BBQ Chicken Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Beef Thai Stir Fry w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Cobb Salad w/Crackers
Hot Vegetables: Tater Gem, Mexican, Green Beans, or Monterey Blend

26- Traditional Cuisine: Marinara Sauce Spaghetti w/Meatballs
Ballpark Classics: Spicy Chicken Sandwich
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Chicken Alfredo Pizza
Italian Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Sweet and Sour Chicken w/Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Teriyaki Chicken Salad w/Crackers
Hot Vegetables: Tater Gem, Crinkle Cut Carrots, Mexican, or Monterey Blend

29- Traditional Cuisine: Country Fried Steak w/Roll
Ballpark Classics: Spicy Chicken Sandwich
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Pepperoni Pizza
Cordon Bleu Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Chicken Teriyaki w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Grilled Chicken Garden Salad w/Crackers
Hot Vegetables: Steamed Broccoli, Seasoned Potato Wedges, Mexican, or Monterey Blend

30- Traditional Cuisine: Chicken Tetrzini w/Breadstick
Ballpark Classics: Cheeseburger
Taco Street: Beef, Chicken or Fish Tacos
Luigi's: Cheese or Buffalo Chicken Pizza
Cordon Bleu Panini
Deli: Assorted Subs, Sandwich or Wraps
Red Dragon: Beef Stir Fry w/Brown Rice
Pasta Express: Beef or Chicken Penne w/Assorted Sauces
Gourmet Greens: Turkey Taco Salad
Hot Vegetables: 5 Way Mixed Vegetables, Seasoned Potato Wedges, Mexican, or Monterey Blend



Milk
Reduced Fat Milk Variety
Offered Daily

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