



Breakfast

High School



Fresh Fruit and Juice Bar Served Daily!

November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3- Blueberry Muffin (v) Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Orange Juice, Applesauce	4- Cinnamon French Toast w/ Syrup (v) Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Grape Juice, Pineapple Tidbits	5- Oatmeal (v) Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Orange Juice, Fresh Banana	6- Sausage Bagel Sandwich Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Apple Juice, Sliced Peaches	7- Mini Blueberry Pancakes w/ Syrup (v) Assorted Low Sugar CerealWG WG Toast & Margarine/Jelly Apple Juice, Diced Pears
10- NO SCHOOL	11- NO SCHOOL	12- Pineapple & Vanilla Yogurt Parfait (v) Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Orange Juice, Fresh Banana	13- Egg Scramble w/ Biscuit Assorted Low Sugar CerealWG WG Toast & Margarine/Jelly Apple Juice, Sliced Peaches	14- Waffle Sticks w/ Syrup (v) Assorted Low Sugar CerealWG WG Toast & Margarine/Jelly Apple Juice, Pineapple Tidbits
17- Cornbread Square w/ String Cheese (v) Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Orange Juice, Applesauce	18- Ham, Egg & Cheese Quesadilla Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Grape Juice, Mandarin Oranges	19- Cinnamon Raisin Bagel (v) Cream Cheese Low Fat, PC Assorted Low Sugar CerealWG WG Toast & Margarine/Jelly Orange Juice, Fresh Banana	20- Biscuits & Gravy (v) Assorted Low Sugar CerealWG WG Toast & Margarine/Jelly Apple Juice, Sliced Peaches	21- Mini Cinni Roll (v) Assorted Low Sugar CerealWG WG Toast & Margarine/Jelly Orange Juice, Applesauce
26- Mini Blueberry Pancakes w/ Syrup (v) Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Grape Juice, Pineapple Tidbits	27- Colby Cheese Omelet w/ Salsa (v) Assorted Low Sugar Cereal WG WG Toast & Margarine/Jelly Orange Juice, Fresh Banana	26- NO SCHOOL	27- NO SCHOOL	28- NO SCHOOL

Food Service Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155
SFPE Associate Director of Nutrition: Megan Fraley, 314-381-4155

SLPS is a pork-free district
All recipes made with whole grains
Vegetarian items (v)

Secondary Lunch & Breakfast Menu Meal Prices

Second Lunch.....\$1.35	Second Breakfast.....\$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

3- **Traditional Cuisine:** Shepherd's Pie w/ Roll & Rice
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Pepperoni or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Beef & Broccoli Stir Fry w/ Brown /Rice
Gourmet Greens: Chicken Salad
 Hot Vegetable: Steamed Broccoli

4- **Traditional Cuisine:** Chicken Snowbowl w/ Roll & Rice
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Buffalo Chicken or Cheese Pizza (V), Penne Pasta
Italian Panini
Red Dragon: Orange Chicken w/Rice
Gourmet Greens: Chicken Caesar Salad
 Hot Vegetable: Green Peas

5- **Traditional Cuisine:** Chili Cheese Baked Potato w/ Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's: Sausage Crumbles or Cheese Pizza (V), Penne Pasta
Italian Panini
Red Dragon: Beef LoMein w/Rice
Gourmet Greens: Crispy Chicken Salad w/ Crackers
 Hot Vegetable: Green Beans

6- **Traditional Cuisine:** Breaded Baked Chicken w/ Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : BBQ Chicken or Cheese Pizza (V), Penne Pasta
Italian Panini
Red Dragon: Sweet & Sour Chicken w/Rice
Gourmet Greens: Chef Salad
 Hot Vegetable: Crinkle Cut Carrots

7- **Traditional Cuisine:** Turkey & Stuffing, Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Pepperoni or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Chicken Chow Mein w/Rice
Gourmet Greens: Grilled Chicken Garden Salad
 Hot Vegetable: Mashed Potatoes

10- NO SCHOOL

11- NO SCHOOL

12- **Traditional Cuisine:** Chili Cheese Baked Potato w/ Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Sausage or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Beef LoMein w/Rice
Gourmet Greens: Crispy Chicken Salad w/ Crackers
 Hot vegetable: Green Beans

13- **Traditional Cuisine:** Breaded Baked Chicken w/ Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : BBQ Chicken or Cheese Pizza (V), Penne Pasta
Italian Panini
Red Dragon: Sweet Sour Chicken/ Rice
Gourmet Greens: BBQ Chicken Salad
 Hot Vegetable: Crinkle Cut Carrots

14- **Traditional Cuisine:** Salisbury Steak w/ Roll & Rice
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Pepperoni or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Chicken Chow Mein
Gourmet Greens: Grilled Chicken Garden Salad
 Hot Vegetable: Steamed Broccoli

17- **Traditional Cuisine:** Shepherd's Pie w/ Roll & Rice
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Pepperoni or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Beef & Broccoli Stir Fry w/ Brown Rice
Gourmet Greens: Chicken Salad
 Hot Vegetable: Steamed Broccoli

18- **Traditional Cuisine:** Chicken Snowbowl w/ Roll & Rice
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Buffalo Chicken or Cheese Pizza (V), Penne Pasta
Italian Panini
Red Dragon: Orange Chicken w/Rice
Gourmet Greens: Chicken Caesar Salad w/ Crackers
 Hot Vegetable: Green Peas

19- **Traditional Cuisine:** Chili Cheese Baked Potato & Rolls
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Sausage or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Beef LoMein w/Rice
Gourmet Greens: Crispy Chicken Salad
 Hot Vegetable: Green Beans

20- **Traditional Cuisine:** Breaded Baked Chicken on Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : BBQ Chicken or Cheese Pizza (V), Penne Pasta
Italian Panini
Red Dragon: Sweet & Sour Chicken w/Rice
Gourmet Greens: Chef Salad
 Hot Vegetable: Crinkle Cut Carrots

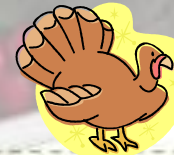
21- **Traditional Cuisine:** Salisbury Steak w Roll & Rice
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Pepperoni or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Chicken Chow Mein
Gourmet Greens: Grilled Chicken Garden Salad
 Hot Vegetable: Steamed Broccoli

24- **Traditional Cuisine:** Shepherd's Pie w/ Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's : Pepperoni or Cheese Pizza (V)
 Penne Pasta
Italian Panini
Red Dragon: Beef/Broccoli Stir Fry w/Rice
Gourmet Greens: Chicken Salad
 Hot Vegetable: Steamed Broccoli

25- **Traditional Cuisine:** Chicken Snowbowl w/ Roll
Adobe Grill: Assorted WG Tacos
Deli: Assorted Sandwiches & Wraps
Luigi's: Buffalo Chicken or Cheese Pizza (V), Penne Pasta
Italian Panini
Red Dragon: Orange Chicken w/Rice
Gourmet Greens: Chicken Caesar Salad
 Hot Vegetable: Green Peas

26- NO SCHOOL

27- **Happy Thanksgiving**



28- NO SCHOOL

SLPS is a pork-free district
 All recipes made with whole grains
 Vegetarian items (V)

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