



ALTERNATE MENU



Offered on Tuesday and Thursday
Salad, Yogurt, Fruit, Cheese & Biscuit
Offered on Mon., Wed. and Fri.
Salad, Peanut Butter and Jelly Sand-
wich and Fruit

Fruit or 100% juice
 (apple, grape or orange)

And milk are offered with each breakfast.

Milk (1/2 pint) is offered with each lunch.

Choices are: 1% skim or chocolate skim milk.

Lactose free milk available upon written request by parent.

Menu subject to change due to availability of food

*Denotes Pork used in product.

A slice of bread is offered with each meal.

Breakfast: Dry Cereal/ Milk choose each day	
Monday:	Pancake dog/syrup *
Tuesday:	Waffles/Syrup
Wednes- day:	Cinnamon Roll
Thursday:	Breakfast pizza *
Friday:	Omelet



Mon	Tue	Wed	Thu	Fri
Spring Lake Park Public Schools Menu March 2010 Grades 4-8 Please join us for Breakfast and Lunch		ALT: 6 - 8 Grades Only		
1 Maxi Cheese Sticks Marinara Sauce Potato Rounds Corn on the Cob/Farm to School from Vine Valley in Stewart, MN Pineapple or Fresh Fruit ALT: Chicken Soft Shell Taco	2 Mini Turkey Corn Dogs Macaroni and Cheese Whole Wheat Bun Peas and Carrots Fruit Cocktail or Fresh Fruit ALT: Hamburger on a Whole Wheat Bun	3 "Brunch for Lunch" French Toast Potato Triangle Turkey Sausage Applesauce or Fresh Fruit ALT: Potato Bar	4 Chicken Strips with Mashed Potatoes and Gravy Steamed Carrot Coins T-Biscuit Pears or Fresh Fruit ALT: Caesar Salad	5 Turkey Hot Dog on a Whole Wheat Bun Ranch Fries Veggies and Dip Peaches or Fresh Fruit Scooby Dog Bone Cookie ALT: Cheese Pizza
8 Chicken Nuggets Roasted Red Potatoes T-Biscuit Green Beans Applesauce or Fresh Fruit ALT: Soup and Sandwich	9 Sweet and Sour Cajun Chicken *Pork Eggroll Vegetable Fried Rice Steamed Peas Pineapple or Fresh Fruit Fortune Cookie ALT: Hamburger on a Whole Wheat Bun	10 Turkey-Ham, Turkey and Cheese Sub Sandwich Fresh Fixings Baked Chips Fruit Cocktail or Fresh Fruit ALT: Hot and Spicy Chicken	11 Beef Taco Tortilla Salad Fresh Toppings Honey Butter Corn Bread Peaches or Fresh Fruit ALT: Spaghetti Noodle Hot Dish	12 School Not in Session
15 Turkey Sloppy Joes on a Whole Wheat Bun Twister Fries Corn on the Cob/Farm to School from Vine Valley in Stewart, MN Pears or Fresh Fruit ALT: Soup and Sandwich	16 Cheese or *Pepperoni Pizza Square Steamed Veggie Mix Peaches or Fresh Fruit ALT: Hot Ham and Cheese	17 "St. Patrick's Day" St. Patty's Chicken Nuggets Potato Rounds Steamed Peas Pineapple or Fresh Fruit Shamrock Cookie ALT: Hot and Spicy Chicken	18 Chicken Smackers Caesar Salad Garlic Breadsticks Fruit Cocktail or Fresh Fruit ALT: Shredded Beef over Mashed Potatoes	19 Cheeseburger on a Whole Wheat Bun French Fries Veggies and Dip Applesauce or Fresh Fruit ALT: Potato Bar
22 Maxi Cheese Sticks Marinara Sauce Potato Rounds Corn on the Cob/Farm to School from Vine Valley in Stewart, MN Pineapple or Fresh Fruit ALT: Chicken Soft Shell Taco	23 Mini Turkey Corn Dogs Macaroni and Cheese Whole Wheat Bun Peas and Carrots Fruit Cocktail or Fresh Fruit ALT: Turkey Gravy	24 "Bruch for Lunch" French Toast Potato Triangle Turkey Sausage Applesauce or Fresh Fruit ALT: Hamburger	25 Chicken Strips with Mashed Potatoes and Gravy Steamed Carrot Coins T-Biscuit Pears or Fresh Fruit ALT: Caesar Salad	26 Cheese or *Pepperoni Pizza Rounds Romaine Mix Salad Pears or Fresh Fruit ALT: Potato Bar
March 29 School Not in Session SPRING BREAK	March 30 School Not in Session SPRING BREAK	March 31 School Not in Session SPRING BREAK	"In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write USDA, Director, Civil Rights, room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 702-5964 or (800)795-3272 (voice) or(202)702-6382 (TTY). USDA is an equal opportunity provider and employer."	

**SPRING LAKE PARK ISD #16 FOOD SERVICE DEPARTMENT
GUIDELINES FOR STUDENT ACCOUNT BALANCES
MARCH 2010**

Spring Lake Park ISD 16 Food Service provides parents and guardians the convenience of internet access to student meal accounts, as well as personalized service at the District Office. This is done to give the information needed to successfully manage the child's meal purchases. Each cafeteria follows a "No Charging" guideline for school meals. Each school level follows the practices outlined below. This guideline anticipates more student responsibility as the student moves through grade levels.

ELEMENTARY SCHOOLS:

- Cashiers "Hand Stamp" a child who comes through the line when a child has a value of 3 lunches in their account. And the cashier will continue hand stamps to a child having a negative value of 3 lunches. (If a child eats breakfast, the money in their account will be used faster than if they just eat lunch.)
- A telephone call will be made to a parent when the child is in debit of \$.00 or below. The food service staff member will tell you what your child owes and ask that you either send money to school with your child or put money in your child's account through PayPam's.
- When an account balance reaches -\$6.75, a "Non-Payer" bag lunch will be given to the child that will consist of a cold cheese sandwich, a piece of fruit, a bag of fresh veggies, and a 1/2 pint of skim milk. This meal meets the nutritional requirements for a child 7-10 years old.
- Account information about the child can be viewed on PayPams or you can call the number listed below and ask to speak with the kitchen manager or cashier.

WEST WOOD SCHOOLS:

- Students must have a minimum of \$.01 in the lunch account to purchase a meal.
- Students are not allowed to purchase ala carte* items when the balance is at or below zero.
- 2nd meals are charged at the adult meal cost. Parents may monitor a student account through PayPams.
- Purchases on a friend's account are not allowed..
- Cashiers will make an effort to provide a verbal notice at the cash register when the balance is low. Low balance reminder slips are available at the cash register for students to take home..

SPRING LAKE PARK HIGH SCHOOL:

- Students must have at least one-half the price of a meal in their account to charge a reimbursable meal.
- Students are not allowed to purchase ala carte* items when the balance is at or below zero.
- 2nd meals are charged at the adult meal cost. .
- Purchases on a friend's account are not allowed.
- A Net Cash machine will be available to students in the cafeteria during school hours. Cash only will be accepted by the machine and will go directly to the student's account. Students may check their account balance by using the Net Cash machine during school hours.
- Cashiers will make an effort to provide a verbal notice at the cash register when the balance is low. At the high school level, notices are not sent home to the parent or guardian. A student may review the balance in his/her account by using the Net Cash machine. Parents may monitor a student account through PayPams.

*Ala carte food items include the following: 2nd meals, additional milk, additional juice, additional entrees, additional side food offerings, or any other food that may be offered that is not part of the reimbursable lunch menu.



District 16 Food Service Office	(763) 785-5529
Spring Lake Park High School Cafeteria	(763) 783-5605
North Point Elem. Cafeteria	(763) 754-9700
Westwood Middle/Elem Cafeteria	(763) 783-5398
Park Terrace Elem. Cafeteria	(763) 783-5805
Woodcrest Elem. Cafeteria	(763) 783-5205

School Meal Prices	Lunch	Breakfast
Elementary K-5	\$2.25	\$1.20
Secondary 6-12	\$2.45	\$1.20
Reduced Price	\$.40	\$0.00
Adult	\$3.40	\$2.10
Extra Milk or Juice	\$.50	\$.50