

SPRING LAKE PARK PUBLIC SCHOOLS OCTOBER 9-12 MENU



ALTERNATE MENU



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

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



Mon	Tue	Wed	Thu	Fri
Spring Lake Park Public Schools Menu October 2009 Grades 9 - 12 Please join us for Breakfast and Lunch			1 Chicken Corn Dog Potato Starz Steamed Peas Applesauce or Fresh Fruit GRILL: Hamburger ALT: Chicken Patty	2 Chicken Strips with Mashed Potatoes/Gravy Green Beans T-Biscuit Peaches or Fresh Fruit GRILL: Corn Dog ALT: French Bread Pizza
5 Cheese Pizza Square Steamed Mixed Vegetables Peaches or Fresh Fruit GRILL: Hamburger ALT: Grilled Cheese & Tomato Soup	6 Chicken Nuggets with Dipping Sauces Twister Fries Veggies and Dip Mixed or Fresh Fruit GRILL: Corn Dog ALT: Maxi Cheese Stix	7 "Walking Taco" Beef Taco/Tortilla Chip Salad/sauce or salsa Seasoned Rice Steamed Corn Pears or Fresh Fruit GRILL: Hamburger ALT: Big Daddy Pizza	8 "Picnic Lunch" Turkey Hot Dog/Bun Baked Chips Pickle Spear Veggies and Dip Peaches or Fresh Fruit GRILL: Corn Dog ALT: Chicken Patty	9 School Not in Session
12 "South of the Border" Fiestada Pizza * Fixings Steamed Corn Pineapple or Fresh Fruit GRILL: Corn Dog ALT: Grilled Cheese & Tomato Soup	13 "Brunch for Lunch" French Toast/Syrup Potato Triangle Turkey Sausage Orange Juice or Fresh Fruit GRILL: Hamburger ALT: Maxi Cheese Stix	14 School Not in Session	15 School Not in Session	16 School Not in Session
19 Grilled Cheese on Wheat Tomato Soup Steamed Vegetables Goldfish Crackers Pears or Fresh Fruit GRILL: Hamburger ALT: Chicken Panini ALT: Hot Pocket	20 Chicken Hip Dipper/Bun Fixings Broccoli and Cheese Mixed Fruit or Fresh Fruit GRILL: Corn Dog ALT: Maxi Cheese Stix	21 Mini Chicken Corn Dogs Macaroni and Cheese Steamed Peas Peaches or Fresh Fruit GRILL: Hamburger ALT: Big Daddy Pizza	22 Spaghetti and Sauce/ With or Without Meat Fresh Spring Salad Garlic Breadstick Applesauce or Fresh Fruit GRILL: Corn Dog ALT: Chicken Patty	23 "O Day" Chicken "O"s/Dips Potato Rounds Carrot Coins Pineapple or Fresh Fruit Cookie GRILL: Hamburger ALT: French Bread Pizza
26 Pepperoni or Cheese Pizza Round * Steamed Vegetable Mix Pears or Fresh Fruit GRILL: Corn Dog ALT: Grilled Cheese & Tomato Soup	27 Sweet and Sour Cajun' Chicken Pork Eggroll * Vegetable Fried Rice Mixed Fruit or Fresh Fruit GRILL: Hamburger ALT: Maxi Cheese Stix	28 Sloppy Joe on Wheat (2) Potato Smiles Veggies and Dip Pineapple or Fresh Fruit GRILL: Corn Dog ALT: Big Daddy Pizza	29 Chicken Corn Dog Potato Starz Steamed Peas Applesauce or Fresh Fruit GRILL: Hamburger ALT: Chicken Patty	30 Chicken Strips with Mashed Potatoes/Gravy Green Beans T-Biscuit Peaches or Fresh Fruit GRILL: Corn Dog ALT: French Bread Pizza
		"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."		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.

**SPRING LAKE PARK ISD #16 FOOD SERVICE DEPARTMENT
GUIDELINES FOR STUDENT ACCOUNT BALANCES
OCTOBER 2009**

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