

# SEPTEMBER | 2020

## International Café Lunch



All entrees come with choices of assorted fruit, fresh vegetables and low-fat white/chocolate milk.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>31</b></p>	<p><b>1</b> Breaded or Spicy Chicken Tenders</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>2</b> Mini Corndogs</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>3</b> Bosco or Pepperoni Bosco Sticks With Marinara Sauce</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter Sandwich</p>	<p><b>4</b> Breaded or Spicy Chicken Sandwich</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter Sandwich</p>
<p><b>7</b></p> <p>Labor Day</p> <p>No School</p>	<p><b>8</b> Pizza Crunchers With Marinara Sauce</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter Sandwich</p>	<p><b>9</b> Orange Chicken Rice Bowl With Egg Roll</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>10</b> Chicken Bites With Dinner Roll</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>11</b> Pepperoni Pizza Wedge OR Cheese Pizza Wedge</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter &amp; Jelly Sandwich</p>
<p><b>14</b> Hamburger on Bun OR Cheeseburger on Bun</p> <p><u>Alt. Choices</u> Grilled Chicken Bacon Ranch Sub with Lettuce &amp; Tomato Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>15</b> Personal Pan Pepperoni Pizza</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>16</b> Breaded or Spicy Chicken Tenders With Sun Chips</p> <p><u>Alt. Choices</u> Chef Salad Peanut Free Wowbutter Sandwich</p>	<p><b>17</b> Mozzarella Cheese Sticks With Marinara Sauce</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter Sandwiches</p>	<p><b>18</b> General Tso Chicken Rice Bowl With Egg Roll</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter &amp; Jelly Sandwich</p>
<p><b>21</b> Pepperoni Pizza Calzones</p> <p><u>Alt. Choices</u> Grilled Chicken Bacon Ranch Sub with Lettuce &amp; Tomato Peanut-Free Wowbutter Sandwich</p>	<p><b>22</b> Beef &amp; Cheese Nachos</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>23</b> French Toast Stick With Sausage Patty</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>24</b> Popcorn Chicken With Mac &amp; Cheese</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>25</b> Cheese Bosco Sticks With Marinara Sauce</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter Sandwich</p>
<p><b>28</b> Stuff Crust Pepperoni Pizza</p> <p><u>Alt. Choices</u> Grilled Chicken Bacon Ranch Sub with Lettuce &amp; Tomato Peanut-Free Wowbutter Sandwich</p>	<p><b>29</b> Breaded or Spicy Chicken Tenders</p> <p><u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>30</b> Mini Corndogs With Baked Cheetos</p> <p><u>Alt. Choices</u> Chef Salad Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>1</b></p>	<p><b>2</b> <u>Lunch Prices</u> Regular - \$3.10 Reduced - \$0.40 Adult - \$3.75 Milk (a la carte) \$0.50</p>

### Build A Meal:

Choose 3-5 meal components to build a healthy, balanced meal:  
Protein -Whole Grain-Vegetable-Fruit-Milk

One choice must be at least 1/2c fruit and/or vegetable to make a meal.  
-Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.

-All entrees include: Protein + Grain

### Daily Alternative Choices

All alternative entrees come with a choice of:  
Low-fat milk  
Up to 2 fruits  
Up to 2 veggies  
Must get at least 1 fruit and/or veggie to make a meal.

Hummus & Ranch Cup offered daily with fresh veggies

### Student & Staff Safety is our #1

#### Priority

We've made several changes to ensure eating with us as safe as possible. We've eliminated self-serve options. All food will be wrapped and packaged. All food, milk, condiments and utensils will be placed on trays and handed to students by server. Social distancing will be maintained through the serving lines. Touchless barcode scanners used, cash and checks will not be accepted in the serving line, money must be loaded online at SchoolPay or turned into cafeteria lock box prior to meal service.