



# DECEMBER | 2022

## International Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**28** Boneless Wing Bar  
Onion Rings  
Celery  
  
Alt Choices:  
Hamburger/ Cheeseburger

**29** Chicken Alfredo  
With Garlic Bread  
Broccoli  
Alt Choices:  
Asst Chicken Sandwiches  
Yogurt Parfait

**30** Big Daddy's Pizza  
Carrots  
  
Alt Choice:  
Chef Salads

**1** Chicken Drumstick  
Biscuit  
Mashed Potatoes  
Alt Choices:  
Hamburger/ Cheeseburger  
Yogurt Parfait

**2** Bosco Sticks with  
Marinara Sauce  
Baked Beans  
Alt Choices:  
Asst Chicken Sandwiches

**5** French Toast Sticks  
Sausage Patty  
Sweet Potato Wedges  
  
Alt Choices:  
Hamburger/ Cheeseburger

**6** General Tso's Chicken  
Fried Rice  
Edamame  
Alt Choices:  
Asst Chicken Sandwiches  
Yogurt Parfait

**7** Big Daddy's Pizza  
Broccoli  
  
Alt Choice:  
Chef Salads

**8** Popcorn Chicken  
Bowl w/ Biscuit Stick  
Corn  
Alt Choices:  
Hamburger/ Cheeseburger  
Yogurt Parfait

**9** Chicken Tenders  
Green Beans  
  
Alt Choices:  
Asst Chicken Sandwiches

**12** Orange Chicken  
with Fried Rice  
Broccoli  
  
Alt Choices:  
Hamburger/ Cheeseburger

**13** Build Your Own  
Nachos  
Refried Beans  
Alt Choices:  
Asst Chicken Sandwiches  
Yogurt Parfait

**14** Big Daddy's Pizza  
Cauliflower  
  
Alt Choice:  
Chef Salads

**15** Chicken and Waffles  
Strawberry Topping  
Mini Peppers  
Alt Choices:  
Hamburger/ Cheeseburger  
Yogurt Parfait

**16** Mini Corn Dogs  
Curly Fries  
  
Alt Choices:  
Asst Chicken Sandwiches

### Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>V</sup>
- Grilled Cheese<sup>V</sup>

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

\*Must get 1 fruit and/or veggie to make a meal

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

### Meal Prices:

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50

# Winter Break

