

APRIL | 2023

International Cafe Lunch Menu



MONDAY

**3 Sweet and Sour Meatballs
Brown Rice
Broccoli**
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

**10 Chicken Fries
Mac and Cheese
Carrots**
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

**17 Pulled Pork Sandwich
Carrots**
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

**24 Sweet and Sour Meatballs
Brown Rice
Broccoli**
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

TUESDAY

**4 Chicken and Waffles
Strawberry Topping
Grape Tomatoes**
Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

**11 Chicken Drumstick
Biscuit
Mashed Potatoes**
Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

**18 Mini Corn Dogs
Curly Fries**
Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

**2 Chicken and Waffles
Strawberry Topping
Grape Tomatoes**
Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

WEDNESDAY

**5 Big Daddy's Pizza
Baked Beans**
Alt Choice:
Chef Salads

**12 Big Daddy's Pizza
Celery**
Alt Choice:
Chef Salads

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

**26 National Pretzel Day!
Hot Beef and Cheddar on a Pretzel Bun
Baked Beans**
Alt Choice:
Chef Salads

THURSDAY

**6 Country Fried Steak
Biscuit
Mashed Potatoes**
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

**13 General Tso's Chicken
Vegetable Fried Rice
Broccoli**
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

**20 Orange Chicken
Vegetable Fried Rice
Broccoli**
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

**27 Big Daddy's Pizza
Carrots**
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

FRIDAY

**7 Boneless Wing Bar
Onion Rings
Celery**
Alt Choices:
Asst Chicken Sandwiches

**14 Build Your Own Nachos
Refried Beans**
Alt Choices:
Asst Chicken Sandwiches

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

**2 Boneless Wing Bar
Onion Rings
Celery**
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^V
- Grilled Cheese^V

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