

# OCTOBER | 2020



## International Café Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>28</b> <u>LUNCH PRICES</u>                  Regular - \$3.10                  Reduced - \$0.40                  Adult - \$3.75                  Milk (a la carte) \$0.50</p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>1</b> Cheese Bosco Sticks                  With Marinara Sauce   <u>Alt. Choices</u>                  Yogurt Parfait                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>2</b> Breaded or Spicy                  Chicken Sandwich   <u>Alt. Choices</u>                  Chef Salad With Grain                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>
<p><b>5</b> Hamburger/Cheeseburger                  On Bun   <u>Alt. Choices</u>                  Grilled Chicken Bacon Ranch                  Sub With Lettuce &amp; Tomato                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>6</b> Pizza Crunchers                  With Marinara Sauce   <u>Alt. Choices</u>                  Yogurt Parfait                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>7</b> Orange Chicken                  Rice Bowl With Egg Roll   <u>Alt. Choices</u>                  Chef Salad With Grain                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>8</b> Chicken Bites                  With Dinner Roll   <u>Alt. Choices</u>                  Yogurt Parfait                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>9</b> Pepperoni or Cheese                  Pizza Wedge   <u>Alt. Choices</u>                  Chef Salad With Grain                  Peanut-free Wowbutter &amp; Jelly Sandwich</p>
<p><b>12</b>                   Fall Break                   No School</p>	<p><b>13</b>                   Fall Break                   No School</p>	<p><b>14</b>                   Fall Break                   No School</p>	<p><b>15</b>                   Fall Break                   No School</p>	<p><b>16</b>                   Fall Break                   No School</p>
<p><b>19</b> Peperoni Pizza                  Calzones   <u>Alt. Choices</u>                  Grilled Chicken Bacon Ranch                  Sub With Lettuce &amp; Tomato                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>20</b> Beef &amp; Cheese                  Nachos   <u>Alt. Choices</u>                  Yogurt Parfait                  Peanut Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>21</b> French Toast Sticks                  With Sausage Patty   <u>Alt. Choices</u>                  Chef Salad With Grain                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>22</b> Popcorn Chicken                  With Mac &amp; Cheese   <u>Alt. Choices</u>                  Yogurt Parfait                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>23</b> Cheese Bosco Sticks                  With Marinara Sauce   <u>Alt. Choices</u>                  Chef Salad With Grain                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>
<p><b>26</b> Stuff Crust                  Pepperoni Pizza   <u>Alt. Choices</u>                  Grilled Chicken Bacon Ranch                  Sub With Lettuce &amp; Tomato                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>27</b> Breaded or Spicy                  Chicken Tenders   <u>Alt. Choices</u>                  Yogurt Parfait                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>28</b> Mini Corndogs                  With Baked Cheetos   <u>Alt. Choices</u>                  Chef Salad With Grain                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>29</b> Cheese Bosco Sticks                  With Marinara Sauce   <u>Alt. Choices</u>                  Yogurt Parfait                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>	<p><b>30</b> Breaded or Spicy                  Chicken Sandwich   <u>Alt. Choices</u>                  Chef Salad With Grain                  Peanut-Free Wowbutter &amp; Jelly Sandwich</p>

### News

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

### 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 a least 1 fruit and/or Veggie to make a meal.

Hummus & Ranch Cup offered daily with fresh veggies.