



# JANUARY | 2022

## International Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Chicken Tenders with a Dinner Roll and Dipping Sauce Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger</p>	<p><b>4</b> Pork Rib Sandwich Baked Beans <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>5</b> Big Daddy's Pizza Carrots <b>Alt Choice:</b> Chef Salads</p>	<p><b>6</b> Loaded French Fries with a Grain <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>7</b> Bosco Sticks w/ Marinara Sauce Green Beans <b>Alt Choices:</b> Hamburger/Cheeseburger</p>
<p><b>10</b> Rotini and Meat Sauce with Corn Bread Mini Peppers <b>Alt Choices:</b> Hamburger/Cheeseburger</p>	<p><b>11</b> French Toast Sticks with Turkey Sausage Tater Tots <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>12</b> Big Daddy's Pizza Cauliflower <b>Alt Choice:</b> Chef Salads</p>	<p><b>13</b> Tacos Refried Beans <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>14</b> Mini Corn Dogs Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger</p>
<p><b>17</b> <b>NO SCHOOL</b>  MARTIN LUTHER KING JR. DAY</p>	<p><b>18</b> Nachos w/ Beef and Cheese Dipping Sauce Refried Beans <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>19</b> Big Daddy's Pizza Celery <b>Alt Choice:</b> Chef Salads</p>	<p><b>20</b> Chicken Nuggets Mac and Cheese French Fries <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>21</b> Chicken and Waffles Strawberry Topping Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger</p>
<p><b>24</b> Chicken Tenders with a Dinner Roll and Dipping Sauce Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger</p>	<p><b>25</b> Pork Rib Sandwich Baked Beans <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>26</b> Big Daddy's Pizza Cucumber Slices <b>Alt Choice:</b> Chef Salads</p>	<p><b>27</b> Loaded French Fries with a Grain <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>28</b> Bosco Sticks w/ Marinara Sauce Green Beans <b>Alt Choices:</b> Hamburger/Cheeseburger</p>
<p><b>30</b> Chicken Nuggets with Mac and Cheese Mini Peppers <b>Alt Choices:</b> Hamburger/Cheeseburger</p>	<p><b>1</b> French Toast Sticks with Turkey Sausage Tater Tots <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>2</b> Big Daddy's Pizza Cauliflower <b>Alt Choice:</b> Chef Salads</p>	<p><b>3</b> Tacos Refried Beans <b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>4</b> Mini Corn Dogs Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger</p>

### 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**

\*Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.\*