

# MAY | 2022

## International Cafe Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Tenders w/ Dipping Sauce Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger	<b>3</b> Pork Rib Sandwich Baked Beans <b>Alt Choices:</b> Asst Chicken Sandwiches	<b>4</b> Big Daddy's Pizza Carrots <b>Alt Choice:</b> Chef Salads	<b>5</b> Tot-Chos with a Grain <b>Alt Choices:</b> Asst Chicken Sandwiches	<b>6</b> Bosco Sticks w/ Marinara Sauce Green Beans <b>Alt Choices:</b> Hamburger/Cheeseburger
<b>9</b> Chicken Nuggets with Mac and Cheese Baked Beans <b>Alt Choices:</b> Hamburger/ Cheeseburger	<b>10</b> Brunch for Lunch Carrots <b>Alt Choices:</b> Asst Chicken Sandwiches	<b>11</b> Big Daddy's Pizza Cauliflower <b>Alt Choice:</b> Chef Salads	<b>12</b> Chili Cheese Fries with a Grain <b>Alt Choices:</b> Asst Chicken Sandwiches	<b>13</b> Chicken Drumstick With a Biscuit Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger
<b>16</b> Meatball Sub Green Beans <b>Alt Choices:</b> Hamburger/ Cheeseburger	<b>17</b> Soft Tacos Refried Beans <b>Alt Choices:</b> Asst Chicken Sandwiches	<b>18</b> Big Daddy's Pizza Cauliflower <b>Alt Choice:</b> Chef Salads	<b>19</b> Rotini and Meat Sauce with a Breadstick Broccoli <b>Alt Choices:</b> Asst Chicken Sandwiches	<b>20</b> Sloppy Joes Curly Fries <b>Alt Choices:</b> Hamburger/Cheeseburger
<b>23</b> Chicken Tenders w/ Dipping Sauce and a Dinner Roll Broccoli <b>Alt Choices:</b> Hamburger/Cheeseburger	<b>24</b> Bosco Sticks w/ Marinara Sauce Cucumber Slices <b>Alt Choices:</b> Hamburger/Cheeseburger	<b>25</b> Last Day of School! Pizza/ Hamburger/ Cheeseburger/ Miscellaneous Items  Assorted Vegetables Assorted Fruits	<b>26</b>	<b>27</b>

### 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.\*

# Summer Break!