

**Lunch Prices:**

Regular- \$ 2.95  
 Reduced- \$0.40  
 Adult- \$3.50  
 Milk (a la carte)- \$0.50

V = Vegetarian  
 Item  
 P = Contains  
 Pork

# APRIL | 2019



## International Café Lunch

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>1</b>                      Spicy Chicken Tenders w/ Mac &amp; Cheese                      Green Beans                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>2</b>                      Country Fried Steak w/ Gravy &amp; Mashed Potatoes                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>3</b>                      Mandarin Orange Chicken w/ Fried Rice &amp; Egg Roll                      Stir-Fry Veggies                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>4</b>                      Beef Quesadilla Bites w/ Salsa                      Seasoned Black Beans                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>5</b>                      Bosco Sticks<sup>V</sup> w/ Marinara Dipping Cup                      Sweet Corn                      Assorted Fruit                      Fresh Veggies                      Milk</p>
<p><b>8</b>                      Popcorn Chicken Bowl w/ Dinner Roll, Mashed Potatoes, &amp; Sweet Corn                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>9</b>                      French Toast Sticks<sup>V</sup> w/ Syrup &amp; Sausage Patty                      Tater Tots                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>10</b>                      Sweet &amp; Sour Chicken w/ Fried Rice &amp; Egg Roll                      Stir-Fry Veggies                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>11</b>                      Mini Honey Corn Dogs w/ Dipping Sauce                      Baked Beans<sup>P</sup>                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>12</b>                      Mozzarella Cheese Sticks<sup>V</sup>                      Marinara Dipping Cup                      NEW Buffalo Cauliflower Bites                      Assorted Fruit                      Fresh Veggies                      Milk</p>
<p><b>15</b>                      Chicken Bites &amp; Dutch Waffle<sup>V</sup>                      Strawberry Topping                      Candied Carrots                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>16</b>                      Rotini w/ Meat Sauce                      Texas Toast                      Steamed Broccoli                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>17</b>                      General Tso Chicken                      Asian Rice                      Veggie Egg Roll                      Stir-Fry Veggies                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>18</b>                      Tangy BBQ Chicken                      Flatbread                      Crinkle Cut Fries                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>19</b>                      Good Friday                      No School</p>
<p><b>22</b>                      Spicy Chicken Tenders w/ Mac &amp; Cheese                      Green Beans                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>23</b>                      Country Fried Steak w/ Gravy &amp; Mashed Potatoes                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>24</b>                      Mandarin Orange Chicken w/ Fried Rice &amp; Egg Roll                      Stir-Fry Veggies                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>25</b>                      Beef Quesadilla Bites w/ Salsa                      Seasoned Black Beans                      Assorted Fruit                      Fresh Veggies                      Milk                      Meal Bonus: Spring Cookie!</p>	<p><b>26</b>                      Bosco Sticks<sup>V</sup> w/ Marinara Dipping Cup                      Sweet Corn                      Assorted Fruit                      Fresh Veggies                      Milk</p>
<p><b>29</b>                      Popcorn Chicken Bowl w/ Dinner Roll, Mashed Potatoes, &amp; Sweet Corn                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>30</b>                      French Toast Sticks<sup>V</sup> w/ Syrup &amp; Sausage Patty                      Tater Tots                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>1</b>                      Sweet &amp; Sour Chicken w/ Fried Rice &amp; Egg Roll                      Stir-Fry Veggies                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>2</b>                      Mini Honey Corn Dogs w/ Dipping Sauce                      Baked Beans<sup>P</sup>                      Assorted Fruit                      Fresh Veggies                      Milk</p>	<p><b>3</b>                      Mozzarella Cheese Sticks<sup>V</sup>                      Marinara Dipping Cup                      NEW Buffalo Cauliflower Bites                      Assorted Fruit                      Fresh Veggies                      Milk</p>

**Build a Meal:**

Choose 3-5 meal components to build a healthy, balanced meal:

- Protein
- Whole Grain
- Vegetable
- Fruit
- Low-fat Milk

-At least one must be at least a ½ c 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

-May choose only Milk + Veggie + Fruit

**Daily Alternative Choices:**

- Build your Own Bar<sup>V</sup>- Salad (MWF), Taco Bar (T) & Potato Bar (Th)
- Big Daddy's Pizza (MWF)
- Hot Sandwiches- Burgers (M/Th), Crispy Chicken (T/F), Grilled Chicken & BBQ Pulled Pork<sup>P</sup> (W)

**Grab & Go<sup>V</sup>**

Choice of 3-5: (Meals must include a fruit and/or veggie)

- Choice of 1-2 Protein items: Low-fat yogurt, reduced-fat string cheese, or Peanut-free Wowbutter & Jelly sandwich
- Choice of 1-2 whole grain snacks
- Up to 2 fruits
- Up to 2 veggies
- Choice of low-fat milk

\*FREE water available for every student\*