

Lunch Prices:
 Regular- \$ 3.05
 Reduced- \$0.40
 Adult- \$3.60
 Milk (a la carte)- \$0.50

^v= Vegetarian Item
^p= Contains Pork

APRIL | 2020



International Café Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Spicy Chicken Tenders w/ Mac & Cheese Steamed Broccoli <u>Alt. Choices</u> Salad Bar^v Hamburger or Cheeseburger Big Daddy's Pizza^v</p>	<p>31 Cheeseburger Sliders Baked Beans^p <u>Alt. Choices</u> Fiesta Taco Bar^v Asst Chicken Patty Sandwiches</p>	<p>1 General Tso Chicken w/ Fried Rice, Egg Roll, & Stir-fry Veggies <u>Alt. Choices</u> Salad Bar^v Ham & Cheese on Pretzel Bun Stuffed Crust Cheese Pizza^v</p>	<p>2 Pepperoni Pizza Calzone Green Beans <u>Alt. Choices</u> Loaded Potato Bar^v Hamburger or Cheeseburger</p>	<p>3 Bosco Sticks^v w/ Marinara Cup Sweet Corn <u>Alt. Choices</u> Salad Bar^v Asst Chicken Patties Big Daddy's Pizza^v</p>
<p>6 Chicken Bites & Dutch Waffle^v w/ Strawberry Topping Candied Carrots <u>Alt. Choices</u> Salad Bar^v Hamburger or Cheeseburger Big Daddy's Pizza^v</p>	<p>7 Mini Corn Dogs Baked Beans^p <u>Alt. Choices</u> Fiesta Taco Bar^v Asst Chicken Patty Sandwiches</p>	<p>8 E-Learning Day No School</p>	<p>9 Beef Teriyaki Dippers & Dinner Roll Mashed Potatoes <u>Alt. Choices</u> Loaded Potato Bar^v Hamburger or Cheeseburger</p>	<p>10 Mozzarella Cheese Sticks^v w/ Marinara Cup Buffalo Cauliflower Bites <u>Alt. Choices</u> Salad Bar^v Asst Chicken Patties Big Daddy's Pizza^v</p>
<p>13 Popcorn Chicken w/ Cheesy Pretzel Stick^v Steamed Broccoli <u>Alt. Choices</u> Salad Bar^v Hamburger or Cheeseburger Big Daddy's Pizza^v</p>	<p>14 Beef Quesadilla Bites w/ Salsa Dipping Cup Seasoned Black Beans <u>Alt. Choices</u> Fiesta Taco Bar^v Asst Chicken Patty Sandwiches</p>	<p>15 Sweet & Sour Chicken w/ Fried Rice, Egg Roll, & Stir-Fry Veggies <u>Alt. Choices</u> Salad Bar^v Pulled Pork Sandwich^p French Bread Cheese Pizza^v</p>	<p>16 Breaded Chicken Drumstick w/ Dinner Roll Sweet Corn <u>Alt. Choices</u> Loaded Potato Bar^v Hamburger or Cheeseburger</p>	<p>17 French Toast Sticks^v w/ Sausage Patty Emoji Spuds <u>Alt. Choices</u> Salad Bar^v Asst Chicken Patties Big Daddy's Pizza^v</p>
<p>20 Spicy Chicken Tenders w/ Mac & Cheese Steamed Broccoli <u>Alt. Choices</u> Salad Bar^v Hamburger or Cheeseburger Big Daddy's Pizza^v</p>	<p>21 Cheeseburger Sliders Baked Beans^p <u>Alt. Choices</u> Fiesta Taco Bar^v Asst Chicken Patty Sandwiches</p>	<p>22 General Tso Chicken w/ Fried Rice, Egg Roll, & Stir-fry Veggies <u>Alt. Choices</u> Salad Bar^v Ham & Cheese on Pretzel Bun Stuffed Crust Cheese Pizza^v</p>	<p>23 Pepperoni Pizza Calzone Green Beans <u>Alt. Choices</u> Loaded Potato Bar^v Hamburger or Cheeseburger</p>	<p>24 Bosco Sticks^v w/ Marinara Cup Sweet Corn <u>Alt. Choices</u> Salad Bar^v Asst Chicken Patties Big Daddy's Pizza^v</p>
<p>27 Chicken Bites & Dutch Waffle^v w/ Strawberry Topping Candied Carrots <u>Alt. Choices</u> Salad Bar^v Hamburger or Cheeseburger Big Daddy's Pizza^v</p>	<p>28 Mini Corn Dogs Baked Beans^p <u>Alt. Choices</u> Fiesta Taco Bar^v Asst Chicken Patty Sandwiches</p>	<p>29 Orange Chicken w/ Fried Rice, Egg Roll, & Stir-fry Veggies <u>Alt. Choices</u> Salad Bar^v Meatball Sub Pepperoni Pizza</p>	<p>30 Beef Teriyaki Dippers & Dinner Roll Mashed Potatoes <u>Alt. Choices</u> Loaded Potato Bar^v Hamburger or Cheeseburger</p>	<p>1 Mozzarella Cheese Sticks^v w/ Marinara Cup Buffalo Cauliflower Bites <u>Alt. Choices</u> Salad Bar^v Asst Chicken Patties Big Daddy's Pizza^v</p>

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored 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 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

→ Bringing a lunch? Leave the sides to us! Choose Milk + Veggie + Fruit to complete your meal! (Free/reduced/paid lunch prices apply)

Daily alternative choices: Grab & Go

A. Lunch Kits- Compare to "Lunchables":

- o Pizza: soft mini pitas, cheese, beef sausage, and marinara sauce
- o Turkey, Cheese & Crackers: Turkey coins, string cheese, whole wheat crackers & hummus

B. Wowbutter Sandwich^v-Peanut-free soybutter & jelly, whole grain chips

C. Yogurt Parfait^v- low-fat yogurt, fruit, and crunchy granola

All Grab & Go meals come with a choice of:

- Low-fat milk
- Up to 2 fruits
- Up to 2 veggies

*Must get at least 1 fruit and/or veggie to make a meal

FREE water available for every student