



DECEMBER | 2018

International Café Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Item Key: P= Item contains Pork V= Vegetarian Option				
3 Spicy Boneless Wings Soft Pretzel w/ Cheese ^V Steamed Green Beans Assorted Fruit Fresh Veggies Milk	4 Rotini w/ Meat Sauce & Texas Toast Steamed Broccoli Assorted Fruit Fresh Veggies Milk	5 Mandarin Orange Chicken Asian Rice, Stir-fry Veggies, & Egg Roll Assorted Fruit Fresh Veggies Milk	6 Crispy Drumstick w/ Dinner Roll Mashed Potatoes Assorted Fruit Fresh Veggies Milk	7 Bosco Sticks ^V w/ Marinara Sauce Sweet Corn Assorted Fruit Fresh Veggies Milk
10 Popcorn Chicken Bowl w/ Mashed Potatoes, Corn & Dinner Roll Assorted Fruit Fresh Veggies Milk	11 French Toast Sticks ^V w/ Sausage Patty Tater Tots Assorted Fruit Fresh Veggies Milk	12 Buffalo Chicken w/ Alfredo Mac & Cheese ^V Green Beans Assorted Fruit Fresh Veggies Milk	13 Pepperoni Pizza Bites Steamed Broccoli Assorted Fruit Fresh Veggies Milk	14 Mozzarella Cheese Sticks ^V w/ Marinara Dipping Sauce Crinkle-cut Fries Assorted Fruit Fresh Veggies Milk
17 Mini Corn Dogs w/ Dipping Sauce Mini Taters Assorted Fruit Fresh Veggies Milk	18 Chicken & Waffles ^V w/ Blueberry Maple BBQ Sauce Candied Carrots Assorted Fruit Fresh Veggies Milk	19 <i>Holiday Meal!**</i> Turkey & Noodles w/ Dinner Roll, Mashed Potatoes & Green Beans Assorted Fruit, Veggies Milk Snowman Cookie	20 General Tso's Chicken Bowl w/ Asian Rice, Stir-fry Veggies & Egg Roll Assorted Fruit Fresh Veggies Milk	21 Beef Teriyaki Dippers Cheesy Pretzel Stick ^V Mashed Potatoes Assorted Fruit Fresh Veggies Milk
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School		**For the Holiday Meal on the 19th, Salad Bar, Grab & Go, and Hot Chicken Sandwich still available! There will be no pizza or meatball marinara subs that day.		

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^V- Salad (MWF), Taco Bar (T) & Potato Bar (Th)
- Big Daddy's Pizza (MWF)
- Hot Sandwiches- Burgers (M/Th), Crispy Chicken (T/F), Grilled Chicken & Meatball Marinara (W)

Grab & Go^V
 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