



# FEBRUARY | 2020

## International Café Lunch

### Lunch Prices:

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

<sup>V</sup> = Vegetarian Item  
<sup>P</sup> = Contains Pork

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3** Spicy Chicken Tenders  
 w/ Mac & Cheese<sup>V</sup>  
 Steamed Broccoli  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Hamburger or  
 Cheeseburger  
 Big Daddy's Pizza<sup>V</sup>

**4** Mini Corn Dogs  
 w/ Dipping Sauce  
 Baked Beans<sup>P</sup>  
Alt. Choices  
 Fiesta Taco Bar<sup>V</sup>  
 Asst Chicken Patty  
 Sandwiches

**5** Orange Chicken  
 w/ Fried Rice, Egg Roll,  
 & Stir-fry Veggies  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Meatball Sub  
 Stuffed Crust Cheese Pizza

**6** Country Fried Steak  
 w/ Dinner Roll, Mashed  
 Potatoes & Gravy  
Alt. Choices  
 Loaded Potato Bar<sup>V</sup>  
 Hamburger or  
 Cheeseburger

**7** Mozzarella Cheese Sticks<sup>V</sup>  
 w/ Marinara Dipping Cup  
 Spicy Buffalo Bites<sup>V</sup>  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Asst Chicken Patties  
 Big Daddy's Pizza<sup>V</sup>

**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*

**10** Popcorn Chicken w/  
 Cheesy Pretzel Stick<sup>V</sup>  
 Steamed Broccoli  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Hamburger or  
 Cheeseburger  
 Big Daddy's Pizza<sup>V</sup>

**11** Beef Quesadilla Bites w/  
 Salsa Dipping Cup  
 Fiesta Black Beans  
Alt. Choices  
 Fiesta Taco Bar<sup>V</sup>  
 Asst Chicken Patty  
 Sandwiches

**12** Sweet & Sour Chicken  
 w/ Fried Rice, Egg Roll,  
 & Stir-Fry Veggies  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 BBQ Pulled Pork  
 Sandwich<sup>P</sup>  
 Pepperoni Pizza<sup>P</sup>

**13** Chicken Drumsticks  
 w/ Dinner Roll  
 Sweet Corn  
Alt. Choices  
 Loaded Potato Bar<sup>V</sup>  
 Hamburger or  
 Cheeseburger

**14** French Toast Sticks<sup>V</sup>  
 w/ Sausage Patty  
 Emoji Spuds  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Asst Chicken Patties  
 Big Daddy's Pizza<sup>V</sup>  
 Valentine's Cookie!

-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)

**17**  
**President's Day  
 No School**

**18** Cheeseburger Sliders  
 Baked Beans<sup>P</sup>  
Alt. Choices  
 Fiesta Taco Bar<sup>V</sup>  
 Asst Chicken Patty  
 Sandwiches

**19** General Tso Chicken  
 w/ Fried Rice, Egg Roll,  
 & Stir-fry Veggies  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Ham & Cheese on Pretzel  
 Bun French Bread Pizza<sup>V</sup>

**20** Pepperoni Pizza Calzone  
 Green Beans  
Alt. Choices  
 Loaded Potato Bar<sup>V</sup>  
 Hamburger or  
 Cheeseburger

**21** Bosco Sticks<sup>V</sup>  
 w/ Marinara Cup  
 Sweet Corn  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Asst Chicken Patties  
 Big Daddy's Pizza<sup>V</sup>

### Daily alternative choices: Grab & Go

**A. Lunch Kits- Compare to "Lunchables":**

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

**B. Wowbutter Sandwich<sup>V</sup>-Peanut-free**

**C. Yogurt Parfait<sup>V</sup>- 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\***

**24** Spicy Chicken Tenders  
 w/ Mac & Cheese<sup>V</sup>  
 Steamed Broccoli  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Hamburger or  
 Cheeseburger  
 Big Daddy's Pizza<sup>V</sup>

**25** Mini Corn Dogs  
 w/ Dipping Sauce  
 Baked Beans<sup>P</sup>  
Alt. Choices  
 Fiesta Taco Bar<sup>V</sup>  
 Asst Chicken Patty  
 Sandwiches

**26** Orange Chicken  
 w/ Fried Rice, Egg Roll,  
 & Stir-fry Veggies  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Meatball Sub  
 Stuffed Crust Cheese Pizza

**27** Country Fried Steak  
 w/ Dinner Roll, Mashed  
 Potatoes & Gravy  
Alt. Choices  
 Loaded Potato Bar<sup>V</sup>  
 Hamburger or  
 Cheeseburger

**28** Mozzarella Cheese Sticks<sup>V</sup>  
 w/ Marinara Dipping Cup  
 Spicy Buffalo Bites<sup>V</sup>  
Alt. Choices  
 Salad Bar<sup>V</sup>  
 Asst Chicken Patties  
 Big Daddy's Pizza<sup>V</sup>