



JANUARY | 2019

International Café Lunch

Lunch Prices:

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31 <div style="border: 1px dashed red; padding: 5px; width: fit-content;"> v = Vegetarian Item p = Contains Pork </div>	1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School
7 Beef Teriyaki Dippers w/ Cheesy Pretzel Stick ^v Mashed Potatoes Assorted Fruit Fresh Veggies Milk	8 General Tso Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk	9 Rotini w/ Meat Sauce & Texas Toast Steamed Broccoli Assorted Fruit Fresh Veggies Milk	10 BBQ Chicken Flatbread Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk	11 Chicken & Waffles ^v w/ Blueberry Syrup Candied Carrots Assorted Fruit Fresh Veggies Milk
14 Spicy Guajillo Chicken Tenders w/ Mac & Cheese ^v Green Beans Assorted Fruit Fresh Veggies Milk	15 Country Fried Steak w/ Mashed Potatoes & Gravy Assorted Fruit Fresh Veggies Milk	16 Mandarin Orange Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk	17 Beef Quesadilla Bites Seasoned Black Beans Assorted Fruit Fresh Veggies Milk	18 Bosco Sticks ^v w/ Marinara Dipping Cup Sweet Corn Assorted Fruit Fresh Veggies Milk
21 MLK Day No School	22 Meat Lover's Stromboli ^p Green Beans Assorted Fruit Fresh Veggies Milk	23 French Toast Sticks ^v w/ Sausage Patty Tater Tots Assorted Fruit Fresh Veggies Milk	24 Sweet & Sour Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk	25 Mozzarella Cheese Sticks ^v Marinara Dipping Cup Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk
28 Beef Teriyaki Dippers w/ Cheesy Pretzel Stick ^v Mashed Potatoes Assorted Fruit Fresh Veggies Milk	29 General Tso Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk	30 E-Learning Day	31 BBQ Chicken Flatbread Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk	1 Chicken & Waffles ^v w/ Blueberry Syrup Candied Carrots Assorted Fruit Fresh Veggies Milk

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