



MARCH | 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

25 <div style="border: 1px dashed green; padding: 5px; width: fit-content;"> v = Vegetarian Item p = Contains Pork </div>	26 Country Fried Steak w/ Mashed Potatoes & Gravy Assorted Fruit Fresh Veggies Milk	27 Mandarin Orange Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk	28 Beef Quesadilla Bites Seasoned Black Beans Assorted Fruit Fresh Veggies Milk	1 Bosco Sticks ^v w/ Marinara Dipping Cup Sweet Corn Assorted Fruit Fresh Veggies Milk
4 Popcorn Chicken w/ Dinner Roll Mashed Potatoes, Corn Assorted Fruit Fresh Veggies Milk	5 Meat Lover's Stromboli ^p Green Beans Assorted Fruit Fresh Veggies Milk	6 French Toast Sticks ^v w/ Sausage Patty Tater Tots Assorted Fruit Fresh Veggies Milk	7 Sweet & Sour Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk	8 Mozzarella Cheese Sticks ^v Marinara Dipping Cup Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk
11 Spring Break	12 Spring Break	13 Spring Break	14 Spring Break	15 Spring Break
18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break
25 <i>National Waffle Day!</i> Chicken Bites & Dutch Waffle ^v Strawberry Topping Candied Carrots Assorted Fruit Fresh Veggies Milk	26 Rotini w/ Meat Sauce Texas Toast Steamed Broccoli Assorted Fruit Fresh Veggies Milk	27 General Tso Chicken Asian Rice Veggie Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk	28 BBQ Chicken Flatbread Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk	29 Beef Teriyaki Dippers Cheesy Pretzel Stick ^v Mashed Potatoes 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