



# MARCH | 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

<p><b>2</b> Popcorn Chicken w/ Cheesy Pretzel Stick<sup>V</sup>            Steamed Broccoli  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Hamburger or Cheeseburger            Big Daddy's Pizza<sup>V</sup></p>	<p><b>3</b> Beef Quesadilla Bites w/ Salsa Dipping Cup            Fiesta Black Beans  <u>Alt. Choices</u>            Fiesta Taco Bar<sup>V</sup>            Asst Chicken Patty Sandwiches</p>	<p><b>4</b> Sweet &amp; Sour Chicken w/ Fried Rice, Egg Roll, &amp; Stir-Fry Veggies  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            BBQ Pulled Pork Sandwich<sup>P</sup>            Pepperoni Pizza<sup>P</sup></p>	<p><b>5</b> Chicken Drumsticks w/ Dinner Roll            Sweet Corn  <u>Alt. Choices</u>            Loaded Potato Bar<sup>V</sup>            Hamburger or Cheeseburger</p>	<p><b>6</b> French Toast Sticks<sup>V</sup>            w/ Sausage Patty            Emoji Spuds  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Asst Chicken Patties            Big Daddy's Pizza<sup>V</sup></p>
<p><b>9</b> Chicken Bites &amp; Dutch Waffle w/ Strawberry Topping            Candied Carrots  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Hamburger or Cheeseburger            Big Daddy's Pizza<sup>V</sup></p>	<p><b>10</b> Cheeseburger Sliders            Baked Beans<sup>P</sup>  <u>Alt. Choices</u>            Fiesta Taco Bar<sup>V</sup>            Asst Chicken Patty Sandwiches</p>	<p><b>11</b> General Tso Chicken w/ Fried Rice, Egg Roll, &amp; Stir-fry Veggies  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Ham &amp; Cheese on Pretzel Bun            French Bread Pizza<sup>V</sup></p>	<p><b>12</b> Pepperoni Pizza Calzone            Green Beans  <u>Alt. Choices</u>            Loaded Potato Bar<sup>V</sup>            Hamburger or Cheeseburger</p>	<p><b>13</b> Bosco Sticks<sup>V</sup>            w/ Marinara Cup            Sweet Corn  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Asst Chicken Patties            Big Daddy's Pizza<sup>V</sup></p>
<p><b>16</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>17</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>18</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>19</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>20</b>  <b>Spring Break</b>  <b>No School</b></p>
<p><b>23</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>24</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>25</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>26</b>  <b>Spring Break</b>  <b>No School</b></p>	<p><b>27</b>  <b>Spring Break</b>  <b>No School</b></p>
<p><b>30</b> Spicy Chicken Tenders w/ Mac &amp; Cheese            Steamed Broccoli  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Hamburger or Cheeseburger            Big Daddy's Pizza<sup>V</sup></p>	<p><b>31</b> Cheeseburger Sliders            Baked Beans<sup>P</sup>  <u>Alt. Choices</u>            Fiesta Taco Bar<sup>V</sup>            Asst Chicken Patty Sandwiches</p>	<p><b>1</b> General Tso Chicken w/ Fried Rice, Egg Roll, &amp; Stir-fry Veggies  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Ham &amp; Cheese on Pretzel Bun            Stuffed Crust Cheese Pizza<sup>V</sup></p>	<p><b>2</b> Pepperoni Pizza Calzone            Green Beans  <u>Alt. Choices</u>            Loaded Potato Bar<sup>V</sup>            Hamburger or Cheeseburger</p>	<p><b>3</b> Bosco Sticks<sup>V</sup>            w/ Marinara Cup            Sweet Corn  <u>Alt. Choices</u>            Salad Bar<sup>V</sup>            Asst Chicken Patties            Big Daddy's Pizza<sup>V</sup></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<sup>V</sup>-Peanut-free soybutter & jelly, whole grain chips

##### 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\***