

Lunch Prices:

Regular- \$ 2.95

Reduced- \$0.40

Adult- \$3.50

Milk (a la carte)- \$0.50

MAY | 2019

International Café Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

Popcorn Chicken Bowl w/
Dinner Roll, Mashed
Potatoes, & Sweet Corn
Assorted Fruit
Fresh Veggies
Milk

30

French Toast Sticks^v w/
Syrup & Sausage Patty
Tater Tots
Assorted Fruit
Fresh Veggies
Milk

1

Sweet & Sour Chicken w/
Fried Rice & Egg Roll
Stir-Fry Veggies
Assorted Fruit
Fresh Veggies
Milk

2

Mini Honey Corn Dogs w/
Dipping Sauce
Baked Beans^P
Assorted Fruit
Fresh Veggies
Milk

3

Mozzarella Cheese Sticks^v
Marinara Dipping Cup
Buffalo Cauliflower Bites
Assorted Fruit
Fresh Veggies
Milk

6

Chicken Bites & Dutch
Waffle^v
Strawberry Topping
Candied Carrots
Assorted Fruit
Fresh Veggies
Milk

7

Rotini w/ Meat Sauce
Texas Toast
Steamed Broccoli
Assorted Fruit
Fresh Veggies
Milk

8

General Tso Chicken
Asian Rice
Veggie Egg Roll
Stir-Fry Veggies
Assorted Fruit
Fresh Veggies
Milk

9

Tangy BBQ Chicken
Flatbread
Crinkle Cut Fries
Assorted Fruit
Fresh Veggies
Milk

10

Beef Teriyaki Dippers
Cheesy Pretzel Stick^v
Mashed Potatoes
Assorted Fruit
Fresh Veggies
Milk

13

Spicy Chicken Tenders
w/ Mac & Cheese
Green Beans
Assorted Fruit
Fresh Veggies
Milk

14

Country Fried Steak w/
Gravy & Mashed Potatoes
Assorted Fruit
Fresh Veggies
Milk

15

Mandarin Orange Chicken w/
Fried Rice & Egg Roll
Stir-Fry Veggies
Assorted Fruit
Fresh Veggies
Milk

16

Beef Quesadilla Bites w/
Salsa
Seasoned Black Beans
Assorted Fruit
Fresh Veggies
Milk

17

Bosco Sticks^v w/ Marinara
Dipping Cup
Sweet Corn
Assorted Fruit
Fresh Veggies
Milk

20

Popcorn Chicken Bowl w/
Dinner Roll, Mashed
Potatoes, & Sweet Corn
Assorted Fruit
Fresh Veggies
Milk

21

French Toast Sticks^v w/
Syrup & Sausage Patty
Tater Tots
Assorted Fruit
Fresh Veggies
Milk

22

Sweet & Sour Chicken w/
Fried Rice & Egg Roll
Stir-Fry Veggies
Assorted Fruit
Fresh Veggies
Milk

23

Mini Honey Corn Dogs w/
Dipping Sauce
Baked Beans^P
Assorted Fruit
Fresh Veggies
Milk

24

Mozzarella Cheese Sticks^v
Marinara Dipping Cup
Buffalo Cauliflower Bites
Assorted Fruit
Fresh Veggies
Milk

27

Memorial Day
No School

28

Chicken Bites & Dutch
Waffle^v
Strawberry Topping
Candied Carrots
Assorted Fruit
Fresh Veggies
Milk

29

Beef Teriyaki Dippers
Cheesy Pretzel Stick^v
Mashed Potatoes
Assorted Fruit
Fresh Veggies
Milk

30

Field Day!
Hamburger or Cheeseburger
Chips
Carrots & Dip
Raisels
Milk

31

^v = Vegetarian Item
^P = Contains Pork

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 & BBQ Pulled Pork^P (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