



MAY | 2020

International Café Lunch

Lunch Prices:

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

^V= Vegetarian Item

^P= Contains Pork

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 Chicken Bites & Dutch Waffle^V w/ Strawberry Topping Candied Carrots Alt. Choices Salad Bar^V Hamburger or Cheeseburger Big Daddy's Pizza^V</p>	<p>28 Mini Corn Dogs Baked Beans^P Alt. Choices Fiesta Taco Bar^V Asst Chicken Patty Sandwiches</p>	<p>29 Orange Chicken w/ Fried Rice, Egg Roll, & Stir-fry Veggies Alt. Choices Salad Bar^V Meatball Sub Pepperoni Pizza</p>	<p>30 Beef Teriyaki Dippers & Dinner Roll Mashed Potatoes Alt. Choices Salad Bar^V Loaded Potato Bar^V Hamburger or Cheeseburger</p>	<p>1 Mozzarella Cheese Sticks^V w/ Marinara Cup Buffalo Cauliflower Bites Alt. Choices Salad Bar^V Asst Chicken Patties Big Daddy's Pizza^V</p>
<p>4 Popcorn Chicken w/ Cheesy Pretzel Stick^V Steamed Broccoli Alt. Choices Salad Bar^V Hamburger or Cheeseburger Big Daddy's Pizza^V</p>	<p>5 Beef Quesadilla Bites w/ Salsa Dipping Cup Seasoned Black Beans Alt. Choices Fiesta Taco Bar^V Asst Chicken Patty Sandwiches</p>	<p>6 Sweet & Sour Chicken w/ Fried Rice, Egg Roll, & Stir-Fry Veggies Alt. Choices Salad Bar^V Pulled Pork Sandwich^P French Bread Cheese Pizza^V</p>	<p>7 Breaded Chicken Drumstick w/ Dinner Roll Sweet Corn Alt. Choices Loaded Potato Bar^V Hamburger or Cheeseburger</p>	<p>8 French Toast Sticks^V w/ Sausage Patty Emoji Spuds Alt. Choices Salad Bar^V Asst Chicken Patties Big Daddy's Pizza^V</p>
<p>11 Spicy Chicken Tenders w/ Mac & Cheese Steamed Broccoli Alt. Choices Salad Bar^V Hamburger or Cheeseburger Big Daddy's Pizza^V</p>	<p>12 Cheeseburger Sliders Baked Beans^P Alt. Choices Fiesta Taco Bar^V Asst Chicken Patty Sandwiches</p>	<p>13 General Tso Chicken w/ Fried Rice, Egg Roll, & Stir-fry Veggies Alt. Choices Salad Bar^V Ham & Cheese on Pretzel Bun Stuffed Crust Cheese Pizza^V</p>	<p>14 Pepperoni Pizza Calzone Green Beans Alt. Choices Loaded Potato Bar^V Hamburger or Cheeseburger</p>	<p>15 Bosco Sticks^V w/ Marinara Cup Sweet Corn Alt. Choices Salad Bar^V Asst Chicken Patties Big Daddy's Pizza^V</p>
<p>18 Chicken Bites & Dutch Waffle^V w/ Strawberry Topping Candied Carrots Alt. Choices Salad Bar^V Hamburger or Cheeseburger Big Daddy's Pizza^V</p>	<p>19 Mini Corn Dogs Baked Beans^P Alt. Choices Fiesta Taco Bar^V Asst Chicken Patty Sandwiches</p>	<p>20 Orange Chicken w/ Fried Rice, Egg Roll, & Stir-fry Veggies Alt. Choices Salad Bar^V Meatball Sub Pepperoni Pizza</p>	<p>21 Beef Teriyaki Dippers & Dinner Roll Mashed Potatoes Alt. Choices Loaded Potato Bar^V Hamburger or Cheeseburger</p>	<p>20 Mozzarella Cheese Sticks^V w/ Marinara Cup Buffalo Cauliflower Bites Alt. Choices Salad Bar^V Asst Chicken Patties Big Daddy's Pizza^V</p>
<p>25 Memorial Day No School</p>	<p>26 Beef Quesadilla Bites w/ Salsa Dipping Cup Seasoned Black Beans Alt. Choices Fiesta Taco Bar^V Asst Chicken Patty Sandwiches</p>	<p>27 Sweet & Sour Chicken w/ Fried Rice, Egg Roll, & Stir-Fry Veggies Alt. Choices Salad Bar^V Pulled Pork Sandwich^P French Bread Cheese Pizza^V</p>	<p>28 <i>Last Day!</i> Breaded Chicken Drumstick w/ Dinner Roll Sweet Corn Alt. Choices Loaded Potato Bar^V Hamburger or Cheeseburger</p>	<p>29 Happy Summer Break! </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^V-Peanut-free soybutter & jelly, whole grain chips

C. Yogurt Parfait^V- 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