

Lunch Prices:

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

SEPTEMBER | 2019



International Café Lunch

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

2 Labor Day
No School

v = Vegetarian Item
p = Contains Pork

3 French Toast Sticks^v w/
Sausage
Emoji Spuds
Alt. Choices
Fiesta Taco Bar^v
Asst Chicken Patty
Sandwiches

4 Sweet & Sour Chicken
w/ Fried Rice, Egg Roll,
& Stir-fry Veggies
Alt. Choices
Salad Bar^v
Ham & Cheese on Pretzel Bun
Double-stuff Pepperoni Pizza

5 Mini Corn Dogs
w/ Dipping Sauce
Baked Beans^p
Alt. Choices
Loaded Potato Bar^v
Hamburger or Cheeseburger

6 Italian Beef Calzone
Green Beans
Alt. Choices
Salad Bar^v
Asst Chicken Patties
Big Daddy's Pizza^v

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:

9 Spicy Chicken Tenders
w/ Mac & Cheese^v
Steamed Broccoli
Alt. Choices
Salad Bar^v
Hamburger or Cheeseburger
Big Daddy's Pizza^v

10 Super Sloppy Joes
w/ Cheese & Onion Rings
Crinkle Cut Fries
Alt. Choices
Fiesta Taco Bar^v
Asst Chicken Patty
Sandwiches

11 Orange Chicken
w/ Fried Rice, Egg Roll,
& Stir-fry Veggies
Alt. Choices
Salad Bar^v
Meatball Sub
Deep Dish Cheese Pizza

12 Beef Quesadilla Bites
Salsa Dipping Cup
Seasoned Black Beans
Alt. Choices
Loaded Potato Bar^v
Hamburger or Cheeseburger

13 Mozzarella Cheese
Sticks^v w/
Marinara Dipping Cup
Spicy Buffalo Bites^v
Alt. Choices
Salad Bar^v
Asst Chicken Patties
Big Daddy's Pizza^v

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

16 Crispy Chicken Bites &
Dutch Waffle^v w/ Strawberry
Topping, Candied Carrots
Alt. Choices
Salad Bar^v
Hamburger or Cheeseburger
Big Daddy's Pizza^v

17 Beef Teriyaki Dippers w/
Dinner Roll
Mashed Potatoes
Alt. Choices
Fiesta Taco Bar^v
Asst Chicken Patty
Sandwiches

18 General Tso's Chicken
w/ Fried Rice, Egg Roll, &
Stir-fry Veggies
Alt. Choices
Salad Bar^v
BBQ Pork Sandwich^p
Sausage Pizza Slice

19 BBQ Chicken Drumsticks
w/ Cornbread
Baked Beans^p
Alt. Choices
Loaded Potato Bar^v
Hamburger or Cheeseburger

20 Cheesy Bosco Sticks^v
Marinara Dipping Cup
Sweet Corn
Alt. Choices
Salad Bar^v
Asst Chicken Patties
Big Daddy's Pizza^v

→ 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

23 Popcorn Chicken w/
Cheesy Pretzel Stick^v
Sweet Corn
Alt. Choices
Salad Bar^v
Hamburger or Cheeseburger
Big Daddy's Pizza

24 French Toast Sticks^v
w/ Sausage
Emoji Spuds
Alt. Choices
Fiesta Taco Bar^v
Asst Chicken Patty
Sandwiches

25

E-Learning Day
No School

26 Mini Corn Dogs
w/ Dipping Sauce
Baked Beans^p
Alt. Choices
Loaded Potato Bar^v
Hamburger or Cheeseburger

27 Italian Beef Calzone
Green Beans
Alt. Choices
Salad Bar^v
Asst Chicken Patties
Big Daddy's Pizza^v

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

30 Spicy Chicken Tenders
w/ Mac & Cheese^v
Steamed Broccoli
Alt. Choices
Salad Bar^v
Hamburger or Cheeseburger
Big Daddy's Pizza^v

1 Super Sloppy Joes
w/ Cheese & Onion Rings
Crinkle Cut Fries
Alt. Choices
Fiesta Taco Bar^v
Asst Chicken Patty
Sandwiches

2 Orange Chicken
w/ Fried Rice, Egg Roll,
& Stir-fry Veggies
Alt. Choices
Salad Bar^v
Meatball Sub
Deep Dish Cheese Pizza

3 Beef Quesadilla Bites
Salsa Dipping Cup
Seasoned Black Beans
Alt. Choices
Loaded Potato Bar^v
Hamburger or Cheeseburger

4 Mozzarella Cheese Sticks^v
w/ Marinara Dipping Cup
Spicy Buffalo Bites^v
Alt. Choices
Salad Bar^v
Asst Chicken Patties
Big Daddy's Pizza^v

*Must get at least 1 fruit and/or veggie to make a meal

FREE water available for every student