



DECEMBER | 2021

P= item may include pork products
V= item is vegetarian

International Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Popper Bowl w/ Dinner Roll Corn <u>Alt Choice:</u> Yogurt Parfait ^V	30 Fiesta Taco Bar ^V Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches	1 Big Daddy's Pizza Cucumber Slices <u>Alt Choice:</u> Salad Bar	2 Loaded Potato Bar ^V Carrots <u>Alt Choices:</u> Hamburger/Cheeseburger	3 Mandarin Orange Chicken Rice Broccoli <u>Alt Choice:</u> Big Daddy's Pizza ^{V,P}
6 Mozzarella Sticks ^V w/ Marinara Sauce Cauliflower <u>Alt Choice:</u> Yogurt Parfait ^V	7 Fiesta Taco Bar ^V Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches	8 Big Daddy's Pizza Peas <u>Alt Choice:</u> Salad Bar	9 Loaded Potato Bar ^V Mini Peppers <u>Alt Choices:</u> Hamburger/Cheeseburger	10 French Toast Sticks w/ Turkey Sausage Hash Brown Rounds <u>Alt Choice:</u> Big Daddy's Pizza ^{V,P}
13 Bosco Sticks w/ Marinara Sauce Carrots <u>Alt Choice:</u> Yogurt Parfait ^V	14 Fiesta Taco Bar ^V Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches	15 Big Daddy's Pizza Broccoli w/ Cheese <u>Alt Choice:</u> Salad Bar	16 Loaded Potato Bar ^V Side Salad <u>Alt Choices:</u> Hamburger/Cheeseburger	17 Chicken and Waffles w/ Strawberry Topping Tater Tots <u>Alt Choice:</u> Big Daddy's Pizza ^{V,P}

Build a Meal
Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Grilled Cheese^V

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

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

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.

WINTER BREAK