


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

NOVEMBER | 2021



International Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Pot Pie Carrots <u>Alt Choice:</u> Yogurt Parfait ^V	2 Fiesta Taco Bar ^V Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches	3 Big Daddy's Pizza Corn <u>Alt Choice:</u> Salad Bar	4 Loaded Potato Bar ^V Side Salad <u>Alt Choices:</u> Hamburger/Cheeseburger	5 Country Fried Steak Biscuit Green Beans <u>Alt Choice:</u> Big Daddy's Pizza ^{V,P}
8 Chicken Tenders, Dinner Roll and Dipping Sauce French Fries <u>Alt Choice:</u> Yogurt Parfait ^V	9 Fiesta Taco Bar ^V Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches	10 Big Daddy's Pizza Peas <u>Alt Choice:</u> Salad Bar	11 Loaded Potato Bar ^V Carrots <u>Alt Choices:</u> Hamburger/Cheeseburger	12 General Tso's Chicken Rice Broccoli <u>Alt Choice:</u> Big Daddy's Pizza ^{V,P}
15 Chicken and Waffles w/ Strawberry Topping Sweet Potato Fries <u>Alt Choice:</u> Yogurt Parfait ^V	16 Fiesta Taco Bar ^V Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches	17 Big Daddy's Pizza Broccoli w/ Cheese <u>Alt Choice:</u> Salad Bar	18 Loaded Potato Bar ^V Mini Peppers <u>Alt Choices:</u> Hamburger/Cheeseburger	19 HOLIDAY MEAL 
22 Bosco Sticks w/ Marinara Sauce Carrots <u>Alt Choices:</u> Hamburger/Cheeseburger	23 Asst Pizza Asst Veggies <u>Alt Choices:</u> Asst Chicken Sandwiches	<h1>Thanksgiving</h1>		
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}

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.