

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

# OCTOBER | 2021



## International Café Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>27</b> Chicken Popper Bowl w/ Dinner Roll</p> <p><b>Alt Choice:</b> Yogurt Parfait<sup>V</sup></p>	<p><b>28</b> Fiesta Taco Bar<sup>V</sup> Refried Beans</p> <p><b>Alt Choice:</b> Asst Chicken Sandwiches</p>	<p><b>29</b> Big Daddy's Pizza</p> <p><b>Alt Choice:</b> Salad Bar</p>	<p><b>30</b> Loaded Potato Bar<sup>V</sup></p> <p><b>Alt Choices:</b> Hamburger/Cheeseburger</p>	<p><b>1</b> Mandarin Orange Chicken Rice Broccoli</p> <p><b>Alt Choice:</b> Big Daddy's Pizza<sup>V,P</sup></p>
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# FALL BREAK

<p><b>18</b> Mozzarella Sticks<sup>V</sup> w/ Marinara Sauce Cauliflower</p> <p><b>Alt Choice:</b> Yogurt Parfait<sup>V</sup></p>	<p><b>19</b> Fiesta Taco Bar<sup>V</sup> Refried Beans</p> <p><b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>20</b> Big Daddy's Pizza Peas</p> <p><b>Alt Choice:</b> Salad Bar</p>	<p><b>21</b> Loaded Potato Bar<sup>V</sup> Cherry Tomatoes</p> <p><b>Alt Choices:</b> Hamburger/Cheeseburger</p>	<p><b>22</b> French Toast Sticks w/ Turkey Sausage Hash Brown Rounds</p> <p><b>Alt Choice:</b> Big Daddy's Pizza<sup>V,P</sup></p>
<p><b>25</b> Bosco Sticks<sup>V</sup> w/ Marinara Sauce Carrots</p> <p><b>Alt Choice:</b> Yogurt Parfait<sup>V</sup></p>	<p><b>26</b> Fiesta Taco Bar<sup>V</sup> Refried Beans</p> <p><b>Alt Choices:</b> Asst Chicken Sandwiches</p>	<p><b>27</b> Big Daddy's Pizza Cucumber Slices</p> <p><b>Alt Choice:</b> Salad Bar</p>	<p><b>28</b> Loaded Potato Bar<sup>V</sup> Green Beans</p> <p><b>Alt Choices:</b> Hamburger/Cheeseburger</p>	<p><b>29</b> Chicken and Waffles w/ Strawberry Topping Tater Tots</p> <p><b>Alt Choice:</b> Big Daddy's Pizza<sup>V,P</sup></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<sup>V</sup>
- Grilled Cheese<sup>V</sup>

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.\*