

AUGUST | 2022

International Cafe Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Pulled Pork Sandwich Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>2 Chicken Alfredo With Garlic Bread Broccoli <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait</p>	<p>3 Big Daddy's Pizza Cucumber <u>Alt Choice:</u> Chef Salads</p>	<p>4 Chili Cheese Fries w/ a Grain <u>Alt Choices:</u> Hamburger/ Cheeseburger Yogurt Parfait</p>	<p>5 Bosco Sticks with Marinara Sauce Carrots <u>Alt Choices:</u> Asst Chicken Sandwiches</p>
<p>6 French Toast Sticks Sausage Patty Sweet Potato Wedges <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>9 Rotini and Meat Sauce w/ Bread Stick Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait</p>	<p>10 Big Daddy's Pizza Broccoli <u>Alt Choice:</u> Chef Salads</p>	<p>11 Popcorn Chicken Bowl w/ Corn <u>Alt Choices:</u> Hamburger/ Cheeseburger Yogurt Parfait</p>	<p>12 Chicken Tenders Green Beans <u>Alt Choices:</u> Asst Chicken Sandwiches</p>
<p>15 Orange Chicken with Fried Rice Edamame <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>16 Taco Bowl Mini Peppers <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait</p>	<p>17 Big Daddy's Pizza Cauliflower <u>Alt Choice:</u> Chef Salads</p>	<p>18 Mini Corn Dogs Curly Fries <u>Alt Choices:</u> Hamburger/ Cheeseburger Yogurt Parfait</p>	<p>19 Chicken Nuggets w/ Mac and Cheese Broccoli <u>Alt Choices:</u> Asst Chicken Sandwiches</p>
<p>22 Pulled Pork Sandwich Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>23 Chicken Alfredo With Garlic Bread Broccoli <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait</p>	<p>24 Big Daddy's Pizza Cucumber <u>Alt Choice:</u> Chef Salads</p>	<p>25 Chili Cheese Fries w/ a Grain <u>Alt Choices:</u> Hamburger/ Cheeseburger Yogurt Parfait</p>	<p>26 Bosco Sticks with Marinara Sauce Carrots <u>Alt Choices:</u> Asst Chicken Sandwiches</p>
<p>29 French Toast Sticks Sausage Patty Sweet Potato Wedges <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>30 Rotini and Meat Sauce w/ Bread Stick Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait</p>	<p>31 Big Daddy's Pizza Broccoli <u>Alt Choice:</u> Chef Salads</p>	<p>1 Popcorn Chicken Bowl w/ Corn <u>Alt Choices:</u> Hamburger/ Cheeseburger Yogurt Parfait</p>	<p>2 Chicken Tenders Green Beans <u>Alt Choices:</u> Asst Chicken Sandwiches</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

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.75
Extra Milk: \$0.50