

# NOVEMBER | 2022



## International Cafe Lunch Menu

### MONDAY

**31** Orange Chicken with Fried Rice Broccoli  
Alt Choices:  
Hamburger/ Cheeseburger

**7** Boneless Wing Bar Onion Rings Celery  
Alt Choices:  
Hamburger/ Cheeseburger

**14** French Toast Sticks Sausage Patty Sweet Potato Wedges  
Alt Choices:  
Hamburger/ Cheeseburger

**21** Big Daddy's Pizza Cauliflower  
Alt Choices:  
Hamburger/ Cheeseburger

**8** Boneless Wing Bar Onion Rings Celery  
Alt Choices:  
Hamburger/ Cheeseburger

### TUESDAY

**1** Build Your Own Nachos Refried Beans  
Alt Choices:  
Asst Chicken Sandwiches Yogurt Parfait

**8** Chicken Alfredo With Garlic Bread Broccoli  
Alt Choices:  
Asst Chicken Sandwiches Yogurt Parfait

**15** General Tso's Chicken Fried Rice Edamame  
Alt Choices:  
Asst Chicken Sandwiches Yogurt Parfait

**22** Mini Corn Dogs Curly Fries  
Alt Choices:  
Asst Chicken Sandwiches

**29** Chicken Alfredo With Garlic Bread Broccoli  
Alt Choices:  
Asst Chicken Sandwiches Yogurt Parfait

### WEDNESDAY

**2** Big Daddy's Pizza Cauliflower  
Alt Choice:  
Chef Salads

**9** Big Daddy's Pizza Carrots  
Alt Choice:  
Chef Salads

**16** Big Daddy's Pizza Broccoli  
Alt Choice:  
Chef Salads

**3** Big Daddy's Pizza Carrots  
Alt Choice:  
Chef Salads

### THURSDAY

**3** Chicken and Waffles Strawberry Topping Mini Peppers  
Alt Choices:  
Hamburger/ Cheeseburger Yogurt Parfait

**10** Chicken Drumstick Biscuit Mashed Potatoes  
Alt Choices:  
Hamburger/ Cheeseburger Yogurt Parfait

**17** Popcorn Chicken Bowl w/ Biscuit Stick Corn  
Alt Choices:  
Hamburger/ Cheeseburger Yogurt Parfait

**1** Chicken Drumstick Biscuit Mashed Potatoes  
Alt Choices:  
Hamburger/ Cheeseburger Yogurt Parfait

### FRIDAY

**4** Mini Corn Dogs Curly Fries  
Alt Choices:  
Asst Chicken Sandwiches

**11** Bosco Sticks with Marinara Sauce Baked Beans  
Alt Choices:  
Asst Chicken Sandwiches

**18** Holiday Meal!  


**2** Bosco Sticks with Marinara Sauce Baked Beans  
Alt Choices:  
Asst Chicken Sandwiches

### 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

### Meal Prices:

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50

# Thanksgiving Break

