



# FEBRUARY | 2023

## International Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**3** French Toast Sticks  
Sausage Patty  
Sweet Potato Wedges  
Alt Choices:  
Hamburger/ Cheeseburger  
Taco Salad

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

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

**National Tater Tot Day**  
Mini Corn Dogs  
Tater Tots  
Alt Choices:  
Hamburger/ Cheeseburger  
Ranch Chicken Finger Wrap

**3** Boneless Wing Bar  
Onion Rings  
Celery  
Alt Choices:  
Asst Chicken Sandwiches

**6** No School  
  
Teacher Day

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

**8** Chicken Tenders  
Mac and Cheese  
Corn  
Alt Choice:  
Chef Salads

**9** National Pizza Day  
Big Daddy's Pizza  
Carrots  
Alt Choices:  
Hamburger/ Cheeseburger  
Ranch Chicken Finger Wraps

**10** Lasagna Roll Ups  
Garlic Bread  
Broccoli  
Alt Choices:  
Asst Chicken Sandwiches

**10** Chicken and Waffles  
Strawberry Topping  
Mini Peppers  
Alt Choices:  
Hamburger/ Cheeseburger  
Taco Salad

**14** Orange Chicken  
Fried Rice  
Broccoli  
Alt Choices:  
Asst Chicken Sandwiches  
Yogurt Parfait

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

**10** Chicken Drumstick  
Biscuit  
Mashed Potatoes  
Alt Choices:  
Hamburger/ Cheeseburger  
Ranch Chicken Finger Wraps

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

**20** No School  
  
PRESIDENTS DAY

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

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

**23** National Chili Day  
Beef Chili  
Corn Bread  
Cherry Tomatoes  
Alt Choices:  
Hamburger/ Cheeseburger  
Ranch Chicken Finger Wraps

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

**15** Honey BBQ Beef Rib  
Sandwich  
Sweet Potato Fries  
Alt Choices:  
Hamburger/ Cheeseburger  
Taco Salad

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

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

**2** Chicken Tenders  
Mac and Cheese  
Corn  
Alt Choices:  
Hamburger/ Cheeseburger  
Ranch Chicken Finger Wraps

**3** Lasagna Roll Ups  
Garlic Bread  
Broccoli  
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