



MARCH | 2023

International Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

47 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

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

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

8 Big Daddy's Pizza
Celery
Alt Choice:
Chef Salads

9 National Meatball Day
Meatball Sub
Tater Tots
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

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

National School Breakfast Week

Spring Break

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: \$4.80
Extra Milk: \$0.50