

# MAY | 2023

## International Cafe Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Fries Mac and Cheese Carrots <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	<b>2</b> Chicken Drumstick Biscuit Mashed Potatoes <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	<b>3</b> Big Daddy's Pizza Celery <u>Alt Choice:</u> Chef Salads	<b>4</b> General Tso's Chicken Vegetable Fried Rice Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	<b>5</b> Build Your Own Nachos Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches
<b>8</b> Pulled Pork Sandwich Carrots <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	<b>9</b> Mini Corn Dogs Curly Fries <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	<b>10</b> Big Daddy's Pizza Cauliflower <u>Alt Choice:</u> Chef Salads	<b>11</b> Orange Chicken Vegetable Fried Rice Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	<b>12</b> Bosco Sticks with Marinara Sauce Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches
<b>15</b> Chicken and Waffles Grape Tomatoes <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	<b>16</b> Chili Cheese Fries Pickles <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	<b>17</b> Big Daddy's Pizza Baked Beans <u>Alt Choice:</u> Chef Salads	<b>18</b> Country Fried Steak Mashed Potatoes Dinner Roll <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	<b>19</b> Pasta Bar Green Beans <u>Alt Choices:</u> Asst Chicken Sandwiches
<b>22</b> Chicken Tenders Mac and Cheese Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger	<b>23</b> Bosco Sticks Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches	<b>24</b> Big Daddy's Pizza Cauliflower <u>Alt Choice:</u> Hamburger/ Cheeseburger	<b>25</b>	<b>26</b>

### 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

# Summer Break!