

SEPTEMBER | 2023

International Cafe Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Pulled Pork Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	28 French Toast and Sausage Patty Sweet Potato Wedges <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	30 Big Daddy's Pizza Green Beans <u>Alt Choice:</u> Chef Salads	31 Chicken Tenders Mac and Cheese Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	1 Teriyaki Meatballs with Brown Rice Corn <u>Alt Choices:</u> Asst Chicken Sandwiches Bistro Box
4 No School! 	5 Chicken Drumstick with Biscuit Mashed Potatoes <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	6 Big Daddy's Pizza Mini Peppers <u>Alt Choice:</u> Chef Salads	7 General Tso's Chicken Vegetable Fried Rice Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	8 Honey BBQ Beef Rib Sandwich Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Bistro Box
11 Mini Corn Dogs Curly Fries <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	12 Arroz Con Pollo Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	13 Big Daddy's Pizza Broccoli <u>Alt Choice:</u> Chef Salads	14 Orange Chicken Vegetable Fried Rice Green Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	15 Pasta Bar with Garlic Bread Carrots <u>Alt Choices:</u> Asst Chicken Sandwiches Bistro Box
18 Chicken and Waffles Strawberry Topping Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	19 Build Your Own Nachos Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	20 Big Daddy's Pizza Cherry Tomatoes <u>Alt Choice:</u> Chef Salads	21 Chicken Poppers with Corn Bread Mashed Potatoes <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	22 Bosco Sticks with Marinara Sauce Snap Peas <u>Alt Choices:</u> Asst Chicken Sandwiches Bistro Box
25 Pulled Pork Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	26 French Toast and Sausage Patty Sweet Potato Wedges <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	27 Big Daddy's Pizza Green Beans <u>Alt Choice:</u> Chef Salads	28 Chicken Tenders Mac and Cheese Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	29 Teriyaki Meatballs with Brown Rice Corn <u>Alt Choices:</u> Asst Chicken Sandwiches Bistro Box

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: \$3.60
 Adult: \$4.80
 Extra Milk: \$0.50