

OCTOBER | 2023

International Cafe Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Hot Beef and Cheddar on a Bun Cucumbers
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

3 Chicken Drumstick with Biscuit Mashed Potatoes
Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

4 Big Daddy's Pizza Mini Peppers
Alt Choice:
Chef Salads

6 General Tso's Chicken Vegetable Fried Rice Broccoli
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

6 Honey BBQ Beef Rib Sandwich Baked Beans
Alt Choices:
Asst Chicken Sandwiches
Bistro Box

16 Mini Corn Dogs Curly Fries
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

17 Arroz Con Pollo Refried Beans
Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

18 Big Daddy's Pizza Broccoli
Alt Choice:
Chef Salads

19 Orange Chicken Vegetable Fried Rice Green Beans
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

20 Pasta Bar with Garlic Bread Carrots
Alt Choices:
Asst Chicken Sandwiches
Bistro Box

20 Chicken and Waffles Strawberry Topping Broccoli
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

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

2 Big Daddy's Pizza Cherry Tomatoes
Alt Choice:
Chef Salads

20 Chicken Poppers with Corn Bread Mashed Potatoes
Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

27 Bosco Sticks with Marinara Sauce Snap Peas
Alt Choices:
Asst Chicken Sandwiches
Bistro Box

30 Pulled Pork Baked Beans
Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

31 French Toast and Sausage Patty Sweet Potato Wedges
Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

1 Big Daddy's Pizza Green Beans
Alt Choice:
Chef Salads

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

3 Teriyaki Meatballs with Brown Rice Corn
Alt Choices:
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