


NOVEMBER | 2023



International Cafe Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Pulled Pork Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	31 French Toast and Sausage Patty Sweet Potato Wedges <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	1 Big Daddy's Pizza Green Beans <u>Alt Choice:</u> Chef Salads	2 Chicken Tenders Mac and Cheese Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	3 Teriyaki Meatballs with Brown Rice Corn <u>Alt Choices:</u> Asst Chicken Sandwiches Bistro Box
6 Hot Beef and Cheddar on a Bun Cucumbers <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	7 Chicken Drumstick with Biscuit Mashed Potatoes <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	8 Big Daddy's Pizza Mini Peppers <u>Alt Choice:</u> Chef Salads	9 General Tso's Chicken Vegetable Fried Rice Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	10 Honey BBQ Beef Rib Sandwich Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Bistro Box
13 Mini Corn Dogs Curly Fries <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	14 Arroz Con Pollo Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	15 Big Daddy's Pizza Broccoli <u>Alt Choice:</u> Chef Salads	16 Orange Chicken Vegetable Fried Rice Green Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger	17 Holiday Meal! 
20 Big Daddy's Pizza Cherry Tomatoes <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	21 Bosco Sticks with Marinara Sauce Asst Vegetables <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	<h3>Thanksgiving Break</h3>		

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