

SEPTEMBER | 2024

International Café Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 No School!



3 BYO Nacho Bar
Refried Beans

Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

4 Big Daddy's Pizza
Carrots

Alt Choice:
Chef Salads

5 Chicken and Waffles
Cauliflower
Alt Choices:

Hamburger/ Cheeseburger
Ranch Chicken Finger
Wraps

6 Mozzarella Sticks
Marinara Sauce
Green Beans

Asst Chicken Sandwiches
Chicken Caesar Salad

9 Asian Bar
Broccoli

Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

10 Arroz con Pollo
Refried Beans

Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

11 Big Daddy's Pizza
Mini Peppers

Alt Choice:
Chef Salads

12 Brunch for Lunch
French Toast, Sausage,
Hash Browns

Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

13 Bosco Sticks
Marinara Sauce
Celery

Alt Choices:
Asst Chicken Sandwiches
Chicken Caesar Salad

16 Pasta Bar
Cheesy Breadsticks
Italian Style Vegetables

Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

17 Chicken or Cheese
Quesadilla
Refried Beans

Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

18 Big Daddy's Pizza
Grape Tomatoes

Alt Choice:
Chef Salads

19 Chicken Tender
Basket w/ Curly Fries

Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger
Wraps

20 Calzones
Side Salad

Alt Choices:
Asst Chicken Sandwiches
Chicken Caesar Salad

23 Asian Bar
Broccoli

Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

24 BYO Nacho Bar
Refried Beans

Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

25 Big Daddy's Pizza
Carrots

Alt Choice:
Chef Salads

26 Chicken and Waffles
Cauliflower
Alt Choices:

Hamburger/ Cheeseburger
Ranch Chicken Finger
Wraps

27 Mozzarella Sticks
Marinara Sauce
Green Beans

Asst Chicken Sandwiches
Chicken Caesar Salad

30 Pasta Bar
Cheesy Breadsticks
Italian Style Vegetables

Alt Choices:
Hamburger/ Cheeseburger
Taco Salad

1 Arroz con Pollo
Refried Beans

Alt Choices:
Asst Chicken Sandwiches
Yogurt Parfait

2 Big Daddy's Pizza
Mini Peppers

Alt Choice:
Chef Salads

3 Brunch for Lunch
French Toast, Sausage,
Hash Browns

Alt Choices:
Hamburger/ Cheeseburger
Ranch Chicken Finger Wraps

4 Bosco Sticks
Marinara Sauce
Celery

Alt Choices:
Asst Chicken Sandwiches
Chicken Caesar Salad

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