

OCTOBER | 2024

International Café Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Pasta Bar Cheesy Breadsticks Italian Style Vegetables <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad</p>	<p>1 Arroz con Pollo Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait</p>	<p>2 Big Daddy's Pizza Mini Peppers <u>Alt Choice:</u> Chef Salads</p>	<p>3 Brunch for Lunch French Toast, Sausage, Hash Browns <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps</p>	<p>4 Bosco Sticks Marinara Sauce Celery <u>Alt Choices:</u> Asst Chicken Sandwiches Chicken Caesar Salad</p>
<p>7 Asian Bar Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad</p>	<p>8 Chicken or Cheese Quesadilla Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait</p>	<p>9 Big Daddy's Pizza Grape Tomatoes <u>Alt Choice:</u> Chef Salads</p>	<p>10 Chicken Tender Basket w/ Curly Fries <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps</p>	<p>11 Calzones Side Salad <u>Alt Choices:</u> Asst Chicken Sandwiches Chicken Caesar Salad</p>

Fall Break

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