


NOVEMBER | 2024



International Café Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Pasta Bar Cheesy Breadsticks Italian Style Vegetables <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	29 BYO Nacho Bar Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	3 Big Daddy's Pizza Carrots <u>Alt Choice:</u> Chef Salads	3 Chicken Drumstick Biscuit Mashed Potatoes <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	1 Bosco Sticks Marinara Sauce Celery <u>Alt Choices:</u> Asst Chicken Sandwiches Chicken Caesar Salad
4 Asian Bar Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	5 Chicken or Cheese Quesadilla Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	6 Big Daddy's Pizza Mini Peppers <u>Alt Choice:</u> Chef Salads	7 Chicken Tender Basket w/ Curly Fries <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	8 Calzone Snap Peas <u>Alt Choices:</u> Asst Chicken Sandwiches Chicken Caesar Salad
11 Pasta Bar Cheesy Breadsticks Italian Style Vegetables <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	12 Boneless Wing Bar Onion Rings Celery and Carrots <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	13 Big Daddy's Pizza Baked Beans <u>Alt Choice:</u> Chef Salads	14 Brunch for Lunch French Toast, Sausage, Hash Browns <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	15 Grilled Cheese and Tomato Soup <u>Alt Choices:</u> Asst Chicken Sandwiches Chicken Caesar Salad
18 Asian Bar Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	19 BYO Nacho Bar Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	2 Big Daddy's Pizza Carrots <u>Alt Choice:</u> Chef Salads	21 Chicken Drumstick Biscuit Mashed Potatoes <u>Alt Choices:</u> Hamburger/ Cheeseburger Ranch Chicken Finger Wraps	22 Holiday Meal! 
25 Bosco Sticks Marinara Sauce Celery <u>Alt Choices:</u> Hamburger/ Cheeseburger Taco Salad	26 Chicken or Cheese Quesadilla Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches Yogurt Parfait	<h1>Thanksgiving Break</h1>		

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