




CARDINAL CAFE WEEKLY MENU



Nutrition Facts: **Beef** is high in zinc and iron. **Beef** also contains selenium, vitamin B12, niacin, vitamin B6, and phosphorus. All our beef comes from Local producers. Enjoy Local Beef in January! 

BREAKFAST

Mon. Jan. 19, 2026

Breakfast Bagel Or
Bagel with Cream Cheese Or
Grape Crescent Or
Yogurt Parfait Or Waffle Snaps
Fruit &/Or Juice

Tues. Jan. 20, 2026

 Skillet Scambler & Biscuit Half & Honey Or
Mini Donuts Or Grape Crescents Or
Yogurt Parfait Or Waffle Snaps
Fruit &/Or Juice

Wed. Jan. 21, 2026 (starts @ 8:30)

Cinnamon Roll or Caramel Roll Or
Bagel & Cream Cheese Or Waffle Snaps
Or
Yogurt Parfait Or
Cereal and String Cheese Or Yogurt
Fruit &/Or Juice

Thurs. Jan. 22, 2026

Pancake Sausage Stacker with Syrup Or
Mini Donuts Or Waffle Snaps Or
Grape Crescents Or Yogurt Parfait
Fruit &/Or Juice

Fri. Jan. 23, 2026

Rise 'N Grind Sandwich & Syrup Or
Bagel & Cream Cheese Or
Waffle Snaps Or Yogurt Parfait
Fruit &/Or Juice



LUNCH

Mon. Jan. 19, 2026

A. **MINI CORN DOGS**
B. **GRAB'N'GO CHOICES AVAILABLE**
CINNAMON SWIRL BREAD
COWBOY BEANS
ROMAINE SALAD MIX/CELERY STICKS
FRUIT COCKTAIL


Tues. Jan. 20, 2026

A. **CHICKEN FAJITA ON TORTILLA**
B. **GRAB'N'GO CHOICES AVAILABLE**
SHREDDED LETTUCE/FRESH PICO DE GALLO
ROASTED PEPPERS + ONIONS/TACO SAUCE
SOUR CREAM/CHEDDAR CHEESE
FROSTY FRUIT CUP
MONSTER COOKIE

Wed. Jan. 21, 2026

A. **HAM + CHEESE ZOMBIE OR MEGA 9-12**
B. **GRAB'N'GO CHOICES AVAILABLE**
BUTTERED PEAS
BROCCOLI SALAD
SLICED PEARS

Thurs. Jan. 22, 2026

 A. **SPAGHETTI WITH MEAT SAUCE**
B. **YOGURT PARFAIT**
BREADSTICK + MARINARA CUP
LETTUCE SALAD MIX
FRESH GRAPES

Fri. Jan. 23, 2026

A. **POPCORN CHICKEN BOWL**
B. **GRAB'N'GO CHOICES AVAILABLE**
BISCUIT + HONEY
BUTTERED CORN
BAKED APPLE SLICES



Vending Available 24/7

Each Meal Includes Choice of Milk. Water available daily.

This institution is an equal opportunity employer and provider.

Menu is subject to change based on shortages / seasonal availability.