



CARDINAL CAFÉ WEEKLY MENU 4



Nutrition Facts: Apples are low in sodium, fat, and cholesterol. Apples are a good source of vitamin C and fiber. There are over 2,500 varieties in the United States.

BREAKFAST 4

Monday, October 19, 2026

Bosco Stick with Marinara Sauce
Or Breakfast Cookie OR PB&J
Or Cereal & Yogurt
Fruit &/Or Juice

Tuesday, October 20, 2026

Breakfast Burrito & Salsa
Or Mini Donut OR Grape Crescent
Or Cereal And Yogurt or String Cheese
Fruit &/Or Juice

Wednesday, October 21, 2026 (starts @ 8:30)

Cinnamon Roll or Caramel Roll
Or Breakfast Cookie OR Grape Crescent
Or Yogurt Parfait
Fruit &/Or Juice

Thursday, October 22, 2026

NO SCHOOL - TEACHER INSERVICE

Friday, October 23, 2026

NO SCHOOL - FALL BREAK

LUNCH

Mon. Oct. 19, 2026

A. **BBQ RIB ON A HOAGIE**
B. **GRAB'N'GO CHOICES AVAILABLE**
TIGER TOTS
SALAD MIX + BABY CARROTS
APRICOTS

Tues. Oct. 20, 2026

A. **FISH WEDGE + CRESCENT ROLL WITH BUTTER**
B. **GRAB'N'GO CHOICES AVAILABLE**
BAKED POTATO
KENTUCKY COLESLAW
SEASONAL FRESH FRUIT

Wed. Oct. 21, 2026

A. **SMOTHERED BURRITO**
B. **YOGURT PARFAIT**
SHREDDED ROMAINE/PICO DE GALLO
SOUP CREAM/SALSA/GUACAMOLE
SPICY BLACK BEANS + RICE
SLICED PEACHES

Thurs. Oct. 22, 2026

NO SCHOOL - TEACHER INSERVICE

Fri. Oct. 23, 2026

NO SCHOOL - FALL BREAK



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.