



CARDINAL CAFÉ WEEKLY MENU 5



Crunch Off is a multi-state partnership to celebrate Farm to School Month in October. States throughout the region (CO, MT, MO, KS, NE, ND, SD, WY) work together to encourage as many crunches into Local Foods as possible.

BREAKFAST 1

LUNCH

Monday, Oct. 26, 2026

Lumberjack & Syrup OR
PB&J OR Mini Donuts OR
Cereal and Cheese Stick OR Yogurt
Fruit &/Or Juice

Tuesday, Oct. 27, 2026

Egg Omelet & Toast OR
Mini Donuts OR Ultra Bread Slice OR
Cereal & Cheese Stick or Yogurt
Fruit &/Or Juice

Wednesday, Oct. 28, 2026 (starts @ 8:30)

Cinnamon Roll or Caramel Roll OR
PB&J OR Ultra Bread Slice OR
Cereal and Cheese Stick or Yogurt
Fruit &/Or Juice

Thursday, Oct. 29, 2026

Bosco Stick & Marinara OR
Bagel & Cream Cheese OR
PB&J OR Mini Donuts OR
Cereal and Cheese Stick or Yogurt
Fruit &/Or Juice

Friday, Oct. 30, 2026

Ham & Cheese on a Bun OR
PB&J OR Ultra Bread Slice OR
Cereal and Cheese Stick or Yogurt
Fruit &/Or Juice



Mon., Oct. 26, 2026

- A. **SOFT SHELLED TACO**
B. **GRAB'N'GO CHOICES AVAILABLE**
SHREDDED LETTUCE/TOMATO/SALSA/PEPPERS
ONIONS/SOUR CREAM/ROASTED BLACK BEAN FIESTA
DICED PEARS
WHITE CAKE WITH STRAWBERRIES

Tues., Oct. 27, 2026

- A. **POPCORN CHICKEN BOWL WITH**
BISCUIT + HONEY BUTTER
B. **GRAB'N'GO CHOICES AVAILABLE**
BUTTERED CORN
FRESH CUCUMBERS
MIXED BERRY MEDLEY

Wed., Oct. 28, 2026

- A. **DELI HAM ON HOAGIE**
B. **GRAB'N'GO CHOICES AVAILABLE**
LETTUCE/TOMATO/ONION/PEPPERS
SPINACH/PICKLES/MAYO
TACO SOUP WITH TOPPINGS
FRESH APPLES SLICES + CARAMEL

Thurs., Oct. 29, 2026

- A. **CAVATINI WITH GARLIC TOAST**
B. **YOGURT PARFAIT**
BUTTERED CORN
SALAD MIX OR BABY CARROTS
MANGOS
COOKIES N CREAM DESSERT

Fri., Oct. 30, 2026

- A. **CHICKEN GRAVY OVER BISCUIT**
B. **GRAB'N'GO CHOICES AVAILABLE**
BUTTERED PEAS
FRESH CAULIFLOWER
MIXED FRUIT



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.