



CARDINAL CAFÉ WEEKLY MENU 6



Winter squash is a good source of beta-carotene, vitamin C, potassium, and fiber. The seeds are a great snack and good source of protein and magnesium.

BREAKFAST 3

Mon. Nov. 2, 2026

Breakfast Bagel OR
Bagel with Cream Cheese OR
Frudel OR Yogurt Parfait
Fruit &/Or Juice

Tues. Nov. 3, 2026

Skillet Scrambler & Toast & Jelly
Smoothie Or Frudel Or
Yogurt Parfait Or Waffle Snaps
Fruit &/Or Juice

Wed. Nov. 4, 2026 (starts @ 8:30)

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

Thurs. Nov. 5, 2026

Pancake Sausage Stacker & Syrup
OR
Mini Donuts OR Frudel OR
Yogurt Parfait
Fruit &/Or Juice

Fri. Nov. 6, 2026

Egg & Cheese Biscuit OR
Bagel & Cream Cheese OR
Smoothie OR Yogurt Parfait OR
Cereal and Cheese Stick or Yogurt
Fruit &/Or Juice



LUNCH

Mon. Nov. 2, 2026

- A. CHICKEN NUGGETS + BLUEBERRY MUFFIN
- B. GRAB'N'GO CHOICES AVAILABLE
SEASONED GREEN BEANS
ROMAINE SALAD OR CELERY STICKS
DICED PEACHES

Tues. Nov. 3, 2026

- A. BREADED PORK CHOP
- B. GRAB'N'GO CHOICES AVAILABLE
DINNER ROLL WITH BUTTER
WHIPPED POTATO + GRAVY
FRESH SNOW PEAS
SEASONAL FRESH FRUIT

Wed. Nov. 4, 2026

- A. CHICKEN ALFREDO
- B. GRAB'N'GO CHOICES AVAILABLE
CHEDDAR BREAD WITH BUTTER
PEAS + CARROTS
FRESH BROCCOLI FLOWERS
APRICOTS

Thurs. Nov. 5, 2026

- A. PEPPERONI PIZZA
- B. GRAB'N'GO CHOICES AVAILABLE
ROMAINE SALAD MIX
BAKED APPLES + BUTTERNUT SQUASH
ROASTED CHICKPEAS
SNICKER APPLE SALAD

Fri. Nov. 6, 2026

- A. SLOPPY JOES ON A BUN
- B. GRAB'N'GO CHOICES AVAILABLE
SWEET POTATO FRIES
COLORED PEPPER STRIPS
PINEAPPLE TIDBITS



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.