CARDINAL CAFÉ WEEKLY MENU

Harvest of the Month™

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

Mon. Nov. 9, 2026
Lumberjack & Syrup Or
PB&J Or Donut Or
Cold Cereal & Cheese Stick
Fruit &/Or Juice

Tues. Nov. 10, 2026
Egg Omelet and Mini Loaf Or
Ultra Bread Slice Or
Mini Loaf & Yogurt
Cold Cereal & Cheese Stick
Fruit &/Or Juice

Wed. Nov. 11, 2026 (starts @ 8:30)
Cinnamon Roll or Caramel Roll Or
PB&J Or Ultra Bread Slice Or
Cold Cereal & Cheese Stick
Fruit &/Or Juice

Thurs. Nov. 12, 2026
Bosco Stick & Marinara Or
Donut Or Ultra Bread Slice
Cold Cereal & Cheese Stick
Fruit &/Or Juice

Fri. Nov. 13, 2026
Ham & Cheese on a Bun Or
PB&J Or Mini Loaf & Yogurt
Cold Cereal & Cheese Stick
Fruit &/Or Juice

LUNCH

Mon. Nov. 9, 2026
A. Chicken Noodle Soup
Buttercrust
B. Grab'N'Go Choices Available
Baby Carrots/Broccoli/Celery/Cauliflower
Sliced Peaches

Tues. Nov. 10, 2026
A. Hamburger on a Bun
B. Grab'N'Go Choices Available
Leaf Lettuce/Tomato/Onion/Pickles/Mustard
Pepper Fries
Frosty Strawberry Cup

Wed. Nov. 11, 2026
A. Tater Tot Casserole
B. Grab'N'Go Choices Available
Dinner Roll + Butter
Seasoned Green Beans
Lettuce Salad + Fresh Baby Carrots
Fresh Apple Slices

Thurs. Nov. 12, 2026
A. Shredded Pork on a Bun
B. Yogurt Parfait
Roasted Acorn Squash
Kentucky Coleslaw
Sliced Pears

Fri. Nov. 13, 2026
A. Mandarin Orange Chicken over Rice Pilaf
B. Grab'N'Go Choices Available
Steamed Broccoli / Baby Carrots
Pineapple Tidbits
Sunshine Bar with Cream Cheese Frosting

BUY FRESH BUY LOCAL Nebraska

Smart Snack

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.