CARDINAL CAFÉWEEKLY 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. 16, 2026
Sausage Gravy over Biscuit Or
PB&J or Glazed Donut Or
Cereal and Yogurt or Cheese Stick
Fruit &/Or Juice

Tues. Nov. 17, 2026
French Toast Stick & Syrup Or
Frudel Or Grape Crescent Or
Cereal and String Cheese Or
Muffin and Cottage Cheese
Fruit &/Or Juice

Wed. Nov. 18, 2026 (starts @ 8:30)
Cinnamon Roll or Caramel Roll Or
Ultra Bread Slice or PB&J Or
Cereal and Cheese Stick
Fruit &/Or Juice

Thurs. Nov. 19, 2026
Bosco Stick and Marinara Or
Donut or Ultra Bread Slice Or
Cereal and Yogurt
Fruit &/Or Juice

Fri. Nov. 20, 2026
Egg, Bacon & Cheese on Muffin Or
PB&J Or
Cereal and Cheese Stick Or
Muffin and Cottage Cheese
Fruit &/Or Juice

LUNCH

Mon. Nov. 16, 2026
A. Chicken Breast Fillet on a Bun
B. Grab'N'Go Options Available
Leaf Lettuce/Tomato/Onion/Pickles/Mayo
Seasoned Green Beans
Frosty Strawberry Cup

Tues. Nov. 17, 2026
A. Nacho Supreme with Tortilla Chips
B. Grab'N'Go Options Available
Refried Beans
Shredded Lettuce/Tomato/Onion/peppers
Black Bean Salsa/Sour Cream/Salsa/Cheese
Seasonal Fresh Fruit

Wed. Nov. 18, 2026
A. Dogs in a Sweater
B. Grab'N'Go Options Available
Baked Beans
Fresh Baby Carrots Or Romaine Salad Mix
Pears

Thurs. Nov. 19, 2026
A. Chicken Fajita on Tortilla
B. Grab'N'Go - Yogurt Parfait
Shredded Lettuce/Tomatoes/Onions/Peppers
Roasted Onions + Peppers/Salsa/Sour Cream
Pineapple Tidbits
Monster Cookie

Fri. Nov. 20, 2026
A. Turkey Roast + Stuffing
B. Grab'N'Go Options Available
Whipped Potato + Gravy
Cranberry Salad + Candied Sweet Potatoes
Applesauce

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.