CARDINAL CAFÉ WEEKLY MENU 3

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 3

Mon. Nov. 23 2026
BC Breakfast Pizza Or
Bagel with Cream Cheese Or
Grape Crescent Or
Yogurt Parfait Or Waffle Snaps
Fruit &/Or Juice

Tues. Nov. 24, 2026
Skillet Scambler & Toast & Jelly Or
Mini Donuts Or Grape Crescents Or
Yogurt Parfait Or Waffle Snaps
Fruit &/Or Juice

Wed. Nov. 25, 2026 (starts @ 8:30)

NO SCHOOL

Thurs. Nov. 26, 2026

NO SCHOOL

Fri. Nov. 27, 2026

NO SCHOOL

LUNCH

Mon. Nov. 23, 2026
A. Mini Corn Dogs
B. Grab'N'Go Choices Available
Cinnamon Swirl Bread
Cowboy Beans
Romaine Salad Mix/Celery Sticks
Fruit Cocktail

Tues. Nov. 24, 2026
A. Deli Turkey Hoagie
B. Grab'N'Go Choices Available
Broccoli Cheese Soup + Crackers
Shredded Lettuce/Onion/Peppers/Tomato
Pickles/ Banana Peppers
Fruit Cup

Wed. Nov. 25, 2026

NO SCHOOL

Thurs. Nov. 26, 2026



Fri. Nov. 27, 2026

NO SCHOOL

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.