CARDINAL CAFÉ WEEKLY MENU 4

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 4

Mon. Nov. 30, 2026
Bosco Stick with Marinara Sauce
Breakfast Cookie OR PB&J
Cereal & Yogurt or String Cheese
Fruit &/Or Juice

Tues. Dec. 1, 2026
Breakfast Burrito & Salsa
Mini Donut OR Grape Crescent
Cereal And Yogurt or String Cheese
Fruit &/Or Juice

Wed. Dec. 2, 2026 (starts @ 8:30)
Cinnamon Roll or Caramel Roll
Breakfast Cookie OR PB&J
Yogurt Parfait
Fruit &/Or Juice

Thurs. Dec. 3, 2026
Ham & Cheese on a Bun
Mini Donut Or Grape Crescents
Yogurt Parfait
Fruit &/Or Juice

Fri. Dec. 4, 2026
Eggstravaganza & Biscuit Half & Jelly
Breakfast Cookie or PB&J
Yogurt Parfait
Fruit &/Or Juice

LUNCH

Mon. Nov. 30, 2026
A. BBQ Rib on a Hoagie
B Grab'N'Go Choices Available
Tiger Tots
Salad Mix + Baby Carrots
Apricots

Tues. Dec. 1, 2026
A. Chili Soup + Cinnamon Roll
B. Grab'N'Go Choices Available
Carrots/Celery/Broccoli/Cauliflower
Cheese Slices/Crackers
Sliced Peaches

Wed. Dec. 2, 2026
A. Fiestada Pizza
B. Grab'N'Go Choices Available
Buttered Asparagus
Shredded Lettuce/Cherry Tomato
Onion/Peppers/Black Olives
Pineapple Tidbits
Berry/Rhubarb Crisp

Thurs. Dec. 3, 2026
A. Fish Wedge + Crescent Roll with Butter
B. Yogurt Parfait
Baked Potato
Kentucky Coleslaw
Seasonal Fresh Fruit

Fri. Dec. 4, 2026
A. French Toast with Syrup + Sausage Links
B. Grab'N'Go Choices Available
Dragon Punch
Cheesy Potato Casserole
Strawberry Glazed Bananas

BACK BY POPULAR DEMAND

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.