

# OCTOBER | 2022

## International Cafe Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# Fall Break



|   |   |   |   |  |
|---|---|---|---|--|
| <p><b>17</b> Boneless Wing Bar<br/>Onion Rings<br/>Celery</p> <p><u>Alt Choices:</u><br/>Hamburger/ Cheeseburger</p>                  | <p><b>18</b> Chicken Alfredo<br/>With Garlic Bread<br/>Broccoli</p> <p><u>Alt Choices:</u><br/>Asst Chicken Sandwiches<br/>Yogurt Parfait</p> | <p><b>19</b> Big Daddy's Pizza<br/>Carrots</p> <p><u>Alt Choice:</u><br/>Chef Salads</p>    | <p><b>20</b> Chicken Drumstick<br/>Biscuit<br/>Mashed Potatoes</p> <p><u>Alt Choices:</u><br/>Hamburger/ Cheeseburger<br/>Yogurt Parfait</p>          | <p><b>21</b> Bosco Sticks with<br/>Marinara Sauce<br/>Baked Beans</p> <p><u>Alt Choices:</u><br/>Asst Chicken Sandwiches</p> |
| <p><b>24</b> French Toast Sticks<br/>Sausage Patty<br/>Sweet Potato Wedges</p> <p><u>Alt Choices:</u><br/>Hamburger/ Cheeseburger</p> | <p><b>25</b> General Tso's Chicken<br/>Fried Rice<br/>Edamame</p> <p><u>Alt Choices:</u><br/>Asst Chicken Sandwiches<br/>Yogurt Parfait</p>   | <p><b>26</b> Big Daddy's Pizza<br/>Broccoli</p> <p><u>Alt Choice:</u><br/>Chef Salads</p>   | <p><b>27</b> Popcorn Chicken<br/>Bowl w/ Biscuit Stick<br/>Corn</p> <p><u>Alt Choices:</u><br/>Hamburger/ Cheeseburger<br/>Yogurt Parfait</p>         | <p><b>28</b> Chicken Tenders<br/>Green Beans</p> <p><u>Alt Choices:</u><br/>Asst Chicken Sandwiches</p>                      |
| <p><b>31</b> Orange Chicken<br/>with Fried Rice<br/>Broccoli</p> <p><u>Alt Choices:</u><br/>Hamburger/ Cheeseburger</p>               | <p><b>1</b> Build Your Own<br/>Nachos<br/>Refried Beans</p> <p><u>Alt Choices:</u><br/>Asst Chicken Sandwiches<br/>Yogurt Parfait</p>         | <p><b>2</b> Big Daddy's Pizza<br/>Cauliflower</p> <p><u>Alt Choice:</u><br/>Chef Salads</p> | <p><b>3</b> Chicken and Waffles<br/>Strawberry Topping<br/>Mini Peppers</p> <p><u>Alt Choices:</u><br/>Hamburger/ Cheeseburger<br/>Yogurt Parfait</p> | <p><b>4</b> Mini Corn Dogs<br/>Curly Fries</p> <p><u>Alt Choices:</u><br/>Asst Chicken Sandwiches</p>                        |

### Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>V</sup>
- Grilled Cheese<sup>V</sup>

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

\*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

### Meal Prices:

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50