

Check us out on Facebook: "Café #110 Waconia" and our school garden "Waconia Edible Classroom."



Café #110 September Lunch Menu

SW Metro

| F1 Monday 29-Aug | Tuesday 30-Aug | Wednesday 31-Aug | Thursday 1-Sep | Friday 2-Sep |
|--|---|--|---|---|
| Baked Chicken Strips, Fresh Baked Dinner Roll | Corndog | Tortellini | Cheese Pizza | Beef Nacho |
| BBQ Baked Beans Fresh Garden Salad | Carrot Coins Fresh Garden Salad | Green Beans Caesar Salad | Hummus & Veggies Shredded Lettuce | Shredded lettuce Broccoli Poco Churro |
| F2 Monday 5-Sep | Tuesday 6-Sep | Wednesday 7-Sep | Thursday 8-Sep | Friday 9-Sep |
|  | Chicken Nuggets | Lasagna | Chicken Patty Sandwich | Waffle & Sliced Ham |
| | Mashed Potatoes Roasted Sweet Potatoes | Baby Carrots & Celery Sticks Caesar Salad | Hummus & Veggie Whole Kernel Corn Mini Rice Krispy Bar | Sweet Potato Tots Cucumber Slices |
| F3 Monday 12-Sep | Tuesday 13-Sep | Wednesday 14-Sep | Thursday 15-Sep | Friday 16-Sep |
| Super Beef & BB Nachos | Shrimp Poppers & Pasta | Chicken Caesar Salad & Breadstick | Pizza | Cinnamon Swirl French Toast & Sausage Links |
| Black Bean Salsa & Chips Carrot & Pea Pods | Snap Peas Fresh Garden Salad | Green Peas Caesar Salad | Hummus & Veggie Shredded Lettuce Pettit Cookie | Asparagus Tater Tots |
| F4 Monday 19-Sep | Tuesday 20-Sep | Wednesday 21-Sep | Thursday 22-Sep | Friday 23-Sep |
| Cheese Quesadilla & Marinara | Hamburger/ Cheeseburger | Fettuccini Alfredo | Orange Chicken with Rice | Cheese Omelet with Mini Cinnamon Roll |
| Honey Glazed Carrots Fresh Garden Salad | Baked Beans Calico Fries | Steamed Broccoli Caesar Salad | Hummus & Veggies Red Pepper Sticks & Pea Pods Fortune Cookie | Cauliflower Sweet Potato Fries |
| F5 Monday 26-Sep | Tuesday 27-Sep | Wednesday 28-Sep | Thursday 29-Sep | Friday 30-Sep |
| All Beef Hotdog | Turkey Gravy & Fresh Dinner Roll | Spaghetti with Meat Sauce, & Breadstick | Popcorn Chicken & Pasta | Pancakes & Sausage |
| Baked Beans Fresh Garden Salad | Whole Kernel Corn Mashed Potatoes | Honey Glazed Carrot Coins Caesar Salad | Roasted Pepper Hummus & Carrot Co Fresh Garden Salad BD Treat | Roasted Sweet Potatoes Hash browns |

Fresh MN Milk, and a HUGE Assortment of Fruits, Vegetables and Salad is offered with every meal!

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Cafe #110 is super excited about the new school year! We are continuing with our commitment to: promote participation in our breakfast and lunch programs, provide more scratch food items, provide safe & secure foods, prevent food allergy contact, provide a variety of seasonal fresh & alternate fruits and vegetables every day, offer fewer processed foods, buy locally, reduce our environmental footprint, provide outstanding customer service, offer meal choices every day that are well liked, challenge kids to learn about their food choices and nutrition, keep meal costs low by being efficient and effective.

"Smart Snacks in Schools" is a new standard that will be applied to all snack foods and beverages sold to children at school during the school day. The health of today's school environment continues to improve. Smart Snacks in School support efforts by Cafe #110, school administrators, teachers, parents and our community to instill healthy habits in students. Nutrition Standards for allowable Snacks & Beverages are well defined: they all have calorie, sodium, fat & sugar limits, must be whole grain rich, or have fruit, vegetable, dairy or protein as their first ingredient. More specific criteria can be found at <http://www.fns.usda.gov/school-meals/smart-snacks-school>.

Café #110 September Breakfast Menu

In the Classroom

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Cook's Choice | Cook's Choice | Cook's Choice | Cook's Choice | Cook's Choice |
| Cereal Bar | Mini Cinnamon Roll | Banana Bread | Yogurt & Crackers | Muffin & Cheese Stick |
| Fruit & Juice Choices 1% or Skim Milk | Fruit & Juice Choices 1% or Skim Milk | Fruit & Juice Choices 1% or Skim Milk | Fruit & Juice Choices 1% or Skim Milk | Fruit & Juice Choices 1% or Skim Milk |

Café #110 Meal Prices

| | PK-5 | 6-8 | 9-12 | Guest |
|------------------|-----------------|--------|--------|--------|
| Breakfast | \$0.75 (K=free) | \$0.75 | \$0.75 | \$2.10 |
| Lunch | \$2.60 | \$2.75 | \$2.95 | \$3.65 |
| Milk | \$0.50 | \$0.50 | \$0.50 | \$0.50 |

All students who qualify for meal benefits will receive breakfast and lunch at no charge.

Meal Benefit Application: Meal Benefit Applications are available on our school home web page under the tab "Parent Forms" > "Meal Benefits" > "2016-2017 Free and Reduced Meal Application," you can request or pick one up from the main office at all schools. NOTE: A new meal benefit application must be completed and submitted every year. The meal benefit application can be completed and submitted at any time during a school year.

Wordware: You can make deposits & view student account transactions, balances and deposits through: wordwareinc.com Wordware is the NEW online student meal account portal. The program sets up students who live in the same household into a "Family Account." If you have difficulties with the family alignment, please contact our office at bschank@isd110.org.

Please Note: You are welcome to eat lunch with your student, please call the school office by 9:30 the day of, to ensure that the kitchen will be prepared. Southview 442-0620 Bayview 442-0630 Laketown 442-0690

The U.S. Department of Agriculture (USDA) is an equal opportunity employer.

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