

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



# Café #110 September Lunch Menu

WHS

F1 Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
MN Grown All Beef Hotdog	Build a Burger	Teriyaki Chicken & Asian Rice	Breaded Shrimp	Turkey Bacon Flatbread
Personal Pan Pizza	Walking Taco	Teriyaki Chicken & Asian Rice	Lasagna & Garlic Toast	Chicken Fajita
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
Baked Beans	Jo Jo Potatoes	Green Beans	Wildcat Slaw	Broc & Cauli Salad
Waffle Fries	Fresh Veggie Toppings		Ranch Mashed Potatoes	Green & Red Peppers
				Apple Crisp
F2 Monday 5-Sep	Tuesday 6-Sep	Wednesday 7-Sep	Thursday 8-Sep	Friday 9-Sep
	Philly Steak Melt	Orange Chicken/Asian Noodles	Breaded Chicken Patty Sandwich	Meatballs/Gravy
	Pizza Slice	Orange Chicken/Asian Noodles	Cheese Ravioli/Garlic Toast	Pork Carnitas Taco
	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
	Roasted Carrots	Steamed Broccoli	Calf Medley	Refried Beans
	Peppers/Onion/Mush			Mashed Potatoes
				Corn
F3 Monday 12-Sep	Tuesday 13-Sep	Wednesday 14-Sep	Thursday 15-Sep	Friday 16-Sep
Chicken Fettuccini Alfredo/Garlic Toast	Cinn. French Toast/Sausage	Breaded Pork Steak, Dinner Roll	BBQ Pulled Pork/Bun	Corn Dog
Pizza	Beef Nacho Bake	Breaded Pork Steak, Dinner Roll	Gyro	Cheese Garlic Bread/Marinara Cup
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
Green Beans	Roasted Sweet Potato	Mashed Potatoes & Gravy	Fresh Veggie Toppings	Roasted Vegetables
	Steamed Carrots	Corn	Coleslaw	Jo Jo Potato
	Fruit Toppings			
F4 Monday 19-Sep	Tuesday 20-Sep	Wednesday 21-Sep	Thursday 22-Sep	Friday 23-Sep
Wildcat Burger	Meatloaf	Baked Chicken Strip	Turkey Burger	Egg Omelet & Zucchini Bread
Stuffed Crust Pizza	Super Nachos	Baked Chicken Strip	Chicken Alfredo Ravioli/Breadstick	Beef & Bean Burrito
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
BBQ Beans	Refried Beans	Mashed Potatoes & Gravy	Fresh Toppings	Black Bean Salsa
Glazed Carrots	Au gratin Potato	Corn	Marinated Veggie Salad	Mashed Sweet Potato
	Fresh Pico De Gallo			Fresh Veggies
F5 Monday 26-Sep	Tuesday 27-Sep	Wednesday 28-Sep	Thursday 29-Sep	Friday 30-Sep
Hot Ham Cheese Ciabatta	Battered Fish Strips/Cheddar Biscuit	Turkey Gravy/Dinner Roll	Lemon Chicken/Fried Rice	Belgian Waffle/Ham Slice
Egg Roll/Fried Rice	Teriyaki Meatballs/Warm Noodles	Chicken Quesadilla	Stuffed Crust Pizza	Taco Tator Tot Hot Dish
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
Hummus		Refried Beans		Fresh Salsa
Fresh Veggies	Green Beans	Mashed Potatoes/Corn	Roasted Cauli/Broccoli	Apple Sweet Potato Bake
		Fresh Salsa/Toppings		Fruit Toppings

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 2015-2016 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

WHS

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry
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
<b>Breakfast</b>	\$0.75 (K=free)	\$0.75	\$0.75	\$2.10
<b>Lunch</b>	\$2.60	\$2.75	\$2.95	\$3.65
<b>Milk</b>	\$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](http://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](mailto: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.

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

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