

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



# Café #110 October Lunch Menu

# Clearwater

F1 Monday 3-Oct	Tuesday 4-Oct	Wednesday 5-Oct	Thursday 6-Oct	Friday 7-Oct
Chicken Nuggets & Squash Ravioli	Turkey Gravy & Dinner Roll	Hamburger	Buffalo Chicken Pasta Bake & Corn Muffin	Battered Fish Strips & Garlic Bread
Pepperoni Pizza	Pork Patty & Dinner Roll	Mini Corndogs	Hamburger Wild Rice Hot Dish & Corn Muffin	Chicken Fettuccini Alfredo & Garlic Bread
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Broccoli	Green Beans Mashed Potatoes Cranberries	Baked Beans Sandwich Toppings	Hummus Roasted Carrots Brussels Sprouts	Edamame Caesar Salad
F2 Monday 10-Oct	Tuesday 11-Oct	Wednesday 12-Oct	Thursday 13-Oct	Friday 14-Oct
Turkey Burger	Italian Meatball Sub	French Toast & Sausage Links	Chicken Noodle Soup & Rosco Stick	Chicken Enchilada & Rice
Brat on a Bun	Chicken Ranch Wrap	Pancakes & Sausage Links	Broccoli & Cheese Soup & Rosco Stick	Hard/Soft Shell Tacos
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Black Bean Salsa & Chips Baked Beans	Scalloped Potatoes Rstd Baby Carrots	Zucchini Scramble Squash Bake	Hummus Fresh Veggies	Red Beans Santa Fe Vegetables
F3 Monday 17-Oct	Tuesday 18-Oct	Wednesday 19-Oct	Thursday 20-Oct	Friday 21-Oct
Popcorn Chicken & Spinach Ravioli	Chicken Chow Mein & Brown Rice	Conferences No School	Ed MN State Conference No School	
Stuffed Crust Pizza	Pork Egg Roll & Brown Rice			
Deli Sandwich	Uncrustable & Cheese Stick			
Broccoli Peas	Teriyaki Zucchini Fortune Cookie			
F4 Monday 24-Oct	Tuesday 25-Oct	Wednesday 26-Oct	Thursday 27-Oct	Friday 28-Oct
Orange Chicken & Rice	Shrimp Mates	Hamburger/Cheeseburger	Grilled Cheese Sandwich & Tomato Soup	All Beef Hot Dog
Teriyaki Meatballs & Rice	Smoked Sausage	Chicken Patty Sandwich	Calzone	Macaroni & Cheese with Ham
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Broccoli Peas	Pierogis Carrots	Baked Beans Sandwich Toppings	Hummus Fresh Veggie Sticks	Green Beans
F5 Monday 31-Oct	Tuesday 1-Nov	Wednesday 2-Nov	Thursday 3-Nov	Friday 4-Nov
Chicken Strips & Pannardelle	Hot Ham & Cheese on Pretzel Bun	Spaghetti & Meat Sauce & Breadstick	Beef Stew & Cheesy Biscuit	Walking Taco & Spanish Rice
Personal Pizza	Corndog	Teriyaki Chicken Lo Mein & Breadstick	Stuffed Baked Potato & Cheesy Biscuit	French Bread Pizza
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Carrots	Baked Beans Ranch Potato Wedges	Coleslaw Corn	Hummus Broccoli	Santa Fe Vegetables Asparagus

**Fresh MN Milk, and a HUGE Assortment of: Fruits, Vegetables and Salads are 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.



Cafe #110 is all about emphasizing the importance of balancing healthy eating and physical activity for our kids! Today's school lunch serves over 31 million children every school day across the nation! Cafe #110 offers our students a wide variety of fruits, vegetables, whole grains, and we're using more & more use locally grown ingredients. Our menus & recipes are inspired by our students, staff and current trends. Students need a healthy lunch to give them energy for after-school sports and activities! So, Get in the Game and Eat School Lunch!

*Café #110 October Breakfast Menu*

*Before School 7:30*

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
<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 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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