

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



# Café #110 October Lunch Menu

WEC

F1 Monday 3-Oct	Tuesday 4-Oct	Wednesday 5-Oct	Thursday 6-Oct	Friday 7-Oct
Baked Chicken Strips, Fresh Baked Dinner Roll	Pulled BBQ Pork Sandwich	3 Cheese Ravioli	Cheese Pizza	Bag Lunch
BBQ Baked Beans Whole Kernel Corn	Carrot Coins Fresh Garden Salad	Green Beans Caesar Salad	Hummus & Veggies Fresh Garden Salad Peach Crisp	Ham & Cheese Sandwich, Fruit, Carrots, Chips, Juice, Milk
F2 Monday 10-Oct	Tuesday 11-Oct	Wednesday 12-Oct	Thursday 13-Oct	Friday 14-Oct
Chicken Nuggets	Beef Soft Shell Taco	Lasagna	Chicken Patty Sandwich	Waffle & Sliced Ham
Whole Kernel Corn Roasted Sweet Potatoes	Layered Bean Dip & Chips Vegetable Toppings	Baby Carrots & Celery Sticks Caesar Salad Mini Cookie Bar	Hummus & Veggie Fresh Garden Salad	Sweet Potato Tots Cucumber Slices
F3 Monday 17-Oct	Tuesday 18-Oct	Wednesday 19-Oct	Thursday 20-Oct	Friday 21-Oct
Pizza	Shrimp Poppers & Pasta	Conferences No School		Ed MN State Conference No School
Honey Glazed Carrots Green Beans	Asparagus Tips Fresh Garden Salad			
F4 Monday 24-Oct	Tuesday 25-Oct	Wednesday 26-Oct	Thursday 27-Oct	Friday 28-Oct
Cheese Quesadilla & Salsa	Hamburger/ Cheeseburger	Chicken Fettuccini Alfredo	Orange Chicken with Rice	Cheesy Egg Bake with Mini Cinnamon Roll
Black Bean Salsa & Chips Carrot & Pea Pods	Baked Beans Calico Fries	Steamed Broccoli Caesar Salad	Hummus & Veggies Red Pper Stck & Pea Pds Fortune Cookie	Sweet Potato Fries Fresh Garden Salad
F5 Monday 31-Oct	Tuesday 1-Nov	Wednesday 2-Nov	Thursday 3-Nov	Friday 4-Nov
All Beef Hotdog	Turkey Gravy & Fresh Dinner Roll	Spaghetti with Meat Sauce, & Breadstick	Popcorn Chicken & Pasta	Pancakes & Sausage
Baked Beans Oven Fries	Whole Kernel Corn Mashed Potatoes	Roasted Sweet Potatoes Caesar Salad	Tstd Ppr Hummus & Carrot Coins Fresh Garden Salad Birthday Cake	Honey Glazed Carrot Coins Hash browns

**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 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.



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*

*WEC*

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	Muffin & Cheese Stick	Yogurt & Crackers
Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry
Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% 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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