



Café #110 GF October Lunch Menu

WHS

F1 Monday	3-Oct	Tuesday	4-Oct	Wednesday	5-Oct	Thursday	6-Oct	Friday	7-Oct
GF Beef Hot Dog		GF Burger		GF Teriyaki Chicken & Rice				GF Turkey Bacon Sandwich	
GF Pan Pizza		GF Walking Taco				GF Pasta & Marinara		GF Chicken Tajita	
Baked Beans		Jo Jo Potatoes		Green Beans		Wildcat Slaw		Broc & Cauli Salad	
Waffle Fries		Fresh Veggie Toppings				Pancake Mashed Potatoes		Green & Red Peppers	
F2 Monday	10-Oct	Tuesday	11-Oct	Wednesday	12-Oct	Thursday	13-Oct	Friday	14-Oct
		GF Philly Steak Melt		GF Chicken Strips & Rice		GF Chicken Patty Sandwich			
GF Chicken Enchilada		GF Pizza						GF Cheesy Garlic Bread	
Baked Beans/Refried Beans		Roasted Carrots		Steamed Broccoli				Mashed Potatoes	
Hash Brown Potato		Peppers/Onion/Mush				Calf Medley		Corn	
Corn									
F3 Monday	17-Oct	Tuesday	18-Oct	Wednesday	19-Oct	Thursday	20-Oct	Friday	21-Oct
GF Pulled Pork		GF Chicken Nuggets		Conferences		Ed MN State Conference			
				at School					
Baked Beans		Roasted Sweet Potato							
Hash Brown Potato		Steamed Carrots							
Fresh Veggie Toppings									
F4 Monday	24-Oct	Tuesday	25-Oct	Wednesday	26-Oct	Thursday	27-Oct	Friday	28-Oct
GF Wildcat Burger				GF Baked Chicken Strip		GF Teriyaki Chicken Sandwich		Egg Omelet	
GF Crust Pizza		GF Super Nachos						GF Build Your Own Burrito	
BBQ Beans		Refried Beans		Mashed Potatoes & Gravy				Black Bean Salsa	
Hash Brown Potato		Au gratin Potato		Corn		Marinated Veggie Salad		Mashed Sweet Potato	
Glazed Carrots		Fresh Pico De Gallo						Fresh Veggies	
F5 Monday	31-Oct	Tuesday	1-Nov	Wednesday	2-Nov	Thursday	3-Nov	Friday	4-Nov
GF Hot Ham Cheese Sandwich		GF Chicken Breast Sandwich				GF Chicken Nuggets		GF Waffle/Ham Slice	
GF Cheese Pizza				GF Chicken Quesadilla		GF Crust Pizza		GF Taco Tator Tot Hot dish/Rice	
Hummus				Refried Beans					
Fresh Veggies		Coleslaw		Mashed Potatoes/Corn				Fresh Veggies	
		Green Beans		Salsa		Roasted Cauli/Broccoli		Roasted Sweet Potatoes	

This Gluten Free Menu is only available to students who have a doctors note stating they are gluten allergic or have Celiac Disease, an official doctor's note has to be on file in the nurses office in order to request this meal.

Please contact Barb Schank for more information and directions about this Menu at bschank@isd110.org 92856-5555



Fresh MN Milk, and a HUGE Assortment of: Fruits, Vegetables and Salads are offered with every meal!

This Gluten Free Menu is only available to students who have a doctors note stating they are gluten allergic or have Celiac Disease; an official doctor's note has to be on file in the nurses office in order to request this meal. Students & parents are expected to make arrangements with the kitchen manager to plan and order meals each day/ week/ month. Please contact Barb Schank for more information and direction about this Gluten Free Menu at bschank@isd110.org or 952-856-4512.



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 GF Breakfast Menu

WHS

Monday	Tuesday	Wednesday	Thursday	Friday
GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese
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.

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

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