



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

Café #110 November Lunch Menu Clearwater

F5 Monday 31-Oct	Tuesday 1-Nov	Wednesday 2-Nov	Thursday 3-Nov	Friday 4-Nov
Chicken Strips & Pappardelle	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	Shrimp Alfredo
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

F1 Monday 7-Nov	Tuesday 8-Nov	Wednesday 9-Nov	Thursday 10-Nov	Friday 11-Nov
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 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov
Turkey Burger	Italian Meatball Sub	French Toast & Sausage Links	Chicken Noodle Soup & Bosco Stick	Chicken Enchilada
Brat on a Bun	Chicken Ranch Wrap	Pancakes & Sausage Links	Broccoli & Cheese Soup & Bosco Stick	Hard/Soft Shell Tacos
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Black Bean Salsa & Chips Baked Beans	Augratin Potatoes Rstd Baby Carrots	Zucchini Scramble Squash Bake	Hummus Fresh Veggies	Red Beans & Rice Santa Fe Vegetables

F3 Monday 21-Nov	Tuesday 22-Nov	Wednesday 23-Nov	Thursday 24-Nov	Friday 25-Nov
In-service Day No School	Teacher Work Day No School	Teacher Flex Day	Thanksgiving Holiday No School	
				

F4 Monday 28-Nov	Tuesday 29-Nov	Wednesday 30-Nov	Thursday 1-Dec	Friday 2-Dec
Popcorn Chicken & Spinach Ravioli	Chicken Chow Mein & Brown Rice	Sloppy Joe Sandwich	Tater Tot HD & Dinner Roll	Philly Steak Sandwich
Stuffed Crust Pizza	Pork Egg Roll & Brown Rice	Grilled Chicken Sandwich	Italian Sausage Ravioli Bake & Dinner Roll	Chicken Fajita & Rice Pilaf
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Peas & Carrots	Teriyaki Zucchini Fortune Cookie	Baked Beans Sweet Potato Fries	Hummus Broccoli	Asparagus Fresh Toppings

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

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.



November Farm to School Produce: Kale, Romaine, Honey, Parsley, Leeks, Winter Squash, Pumpkins, Eggs, Cabbage, Apples, Pears, Potatoes, Onions, & Swiss Chard!

Café #110 November 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
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.