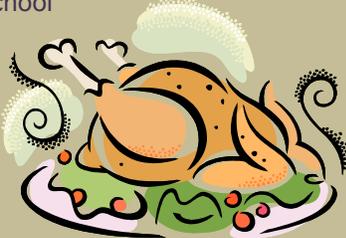


Fresh MN Milk, and a HUGE Assortment of: Fruits, Vegetables and Salads are offered with every meal!



# Café #110 November Elementary GF Lunch Menu

F5 Monday 31-Oct	Tuesday 1-Nov	Wednesday 2-Nov	Thursday 3-Nov	Friday 4-Nov
GF All Beef Hotdog	GF Chicken Strips	GF Spaghetti with Meat Sauce	GF Chicken Nuggets	GF Pancakes & Sausage
Baked Beans	Whole Kernel Corn	Honey Glazed Carrot Coins	Old Pp Hummus & Carrot Coin	Roasted Sweet Potatoes
Oven Fries	Mashed Potatoes	Caesar Salad	Fresh Garden Salad	Wash browns
Birthday Treat				
F1 Monday 7-Nov	Tuesday 8-Nov	Wednesday 9-Nov	Thursday 10-Nov	Friday 11-Nov
GF Chicken Strips	GF Sloppy Joe	GF Pasta	GF Pizza	GF Carnitas Pork Taco
BBQ Baked Beans	Coleslaw	Green Beans	Hummus & Veggies	Shredded lettuce
Whole Kernel Corn	Fresh Garden Salad	Caesar Salad	Fresh Graden Salad	Broccoli
			Peach Crisp	
F2 Monday 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov
GF Chicken Nuggets	GF Beef Nachos	GF Pasta	GF Chicken Patty Sandwich	GF Pancake & Sliced Ham
Whole Kernel Corn	Layered Bean Dip & Chips	Baby Carrots & Celery Sticks	Hummus & Veggie	Sweet Potato Tots
Roasted Sweet Potatoes	Vegetable Toppings	Caesar Salad	Fresh Garden Salad	Cucumber Slices
		Mini Cookie Bar		
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 No School	Thanksgiving Holiday No School	
				
F4 Monday 28-Nov	Tuesday 29-Nov	Wednesday 30-Nov	Thursday 1-Dec	Friday 2-Dec
GF Pizza	GF Chicken Strips	GF Chicken Caesar Salad	GF Super Beef & BB Nachos	GF French Toast & Sausage Links
Honey Glazed Carrots	Asparagus Tips	Green Beans	Hummus & Veggie	Asparagus
Green Beans	Fresh Garden Salad	Caesar Salad	Shredded Lettuce	Tater Tots
		Birthday Treat		

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 direction about this Menu at [bschank@isd110.org](mailto:bschank@isd110.org) or 952-856-4512.

Waconia Public Schools participates in the National School Lunch Program (NSLP). Schools who participate are required to provide specific levels of nutrition quality within 5 separate meal components: 1. meat/ meat alternate, 2. grains, 3. fruits, 4. vegetables, and 5. dairy. Detailed and specific requirements are set for all components but I will focus on grains. It is mandated that, 100% of all grains offered on our menus contain >51% whole grain. Most of the gluten free grain components/ options that we have access to do not provide this level of compliance. For students who have a disability such that they "have an impairment that substantially limits one or more life activities" - Celiac Disease fits here - they could request a note from their doctor stating the disability and prescription for meal accommodations and our school meal program would then be able to make the modifications and provide the gluten free meal, that the student needs, at the usual student price. A gluten free meal is available at a non-reimbursable price of \$4.50 - arrangements need to be made in order it to be set up and prepared. Please call Barb Schank with your questions or comments, at 952-856-4512.



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

### Café #110 November GF Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
GF Cereal & Cheese Stick				
<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. Southview 442-0620 Bayview 442-0630 Laketown 442-0690