

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




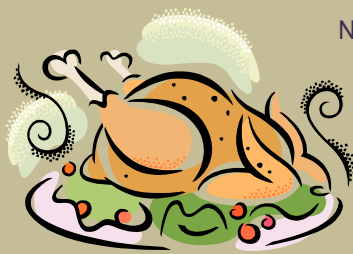
Café #110 November Lunch Menu

Laketown

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
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Baked Beans			std Ppr Hummus & Carrot Coir	
Oven Fries	Whole Kernel Corn	Honey Glazed Carrot Coins	Fresh Garden Salad	Roasted Sweet Potatoes
Birthday Cake	Mashed Potatoes	Caesar Salad		Hash browns

F1 Monday 7-Nov	Tuesday 8-Nov	Wednesday 9-Nov	Thursday 10-Nov	Friday 11-Nov
Baked Chicken Strips, Fresh Baked Dinner Roll	Sloppy Joe	3 Cheese Ravioli	Cheese Pizza	Carnitas Pork Soft Taco
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
BBQ Baked Beans			Hummus & Veggies	
Whole Kernel Corn	Coleslaw	Green Beans	Fresh Graden Salad	Shredded lettuce
	Fresh Garden Salad	Caesar Salad	Peach Crisp	Broccoli

F2 Monday 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov
Chicken Nuggets	Beef Nachos	Lasagna	Chicken Patty Sandwich	Waffle & Sliced Ham
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Whole Kernel Corn	Layered Bean Dip & Chips		Hummus & Veggie	
Roasted Sweet Potatoes	Vegetable Toppings	Baby Carrots & Celery Sticks	Fresh Garden Salad	Sweet Potato Tots
		Caesar 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	Teacher Work Day	Teacher Flex Day	Thanksgiving Holiday	
No School	No School	No School	No School	
				

F4 Monday 28-Nov	Tuesday 29-Nov	Wednesday 30-Nov	Thursday 1-Dec	Friday 2-Dec
Pizza	Shrimp Poppers & Pasta	Chicken Caesar Salad & Breadstick	Super Beef & BB Nachos	Cinnamon Swirl French Toast & Sausage Links
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Honey Glazed Carrots	Asparagus Tips	Green Beans	Hummus & Veggie	Roasted Brussels Sprouts
Green Beans	Fresh Garden Salad	Caesar Salad	Shredded Lettuce	Tater Tots
		Birthday Cake		

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

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 Breakfast Menu

In the Dining Room Before School

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
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. Southview 442-0620 Bayview 442-0630 Laketown 442-0690