


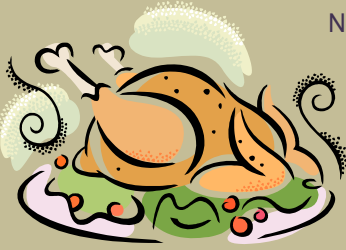
Fresh MN Milk, and a HUGE Assortment of: Fruits, Vegetables and Salads are offered with every meal!

**f Café #110 November GF Lunch Menu** **WHS**

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 Cuesalita	GF Court Pizza	GF Macaroni or Tot Hot Dish/Rice
Hummus		Refried Beans		
Fresh Veggies	Coleslaw Green Beans	Mashed Potatoes/Corn Salsa	Roasted Cauli/Broccoli	Fresh Veggies Roasted Sweet Potatoes

F1 Monday 7-Nov	Tuesday 8-Nov	Wednesday 9-Nov	Thursday 10-Nov	Friday 11-Nov
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 Fajita
Baked Beans	Jo Jo Potatoes	Green Beans	Wildcat Slaw	Broc & Cauli Salad
Waffle Fries	Fresh Veggie Toppings		Ranch Mashed Potatoes	Green & Red Peppers

F2 Monday 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov
	GF Philly Steak Melt	GF Chicken Strips & Rice	GF Chicken Patty Sandwich	
GF Chicken Nuggets	GF Pizza			GF Cheesy Garlic Bread
Baked Beans/Refried Beans				
Hash Brown Potato Corn	Roasted Carrots Peppers/Onion/Mush	Steamed Broccoli	Calf Medley	Mashed Potatoes Corn

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 Pulled Pork	GF Cinn. French Toast/Sausage	GF Hamburger	GF Chicken Breast/Parm Fettuccini	
	GF Beef Nacho Bake		GF Pepperoni Pizza	GF Carnitas Taco
Baked Beans				Black Bean Salsa/Refried Beans
Hash Brown Potato Fresh Veggie Toppings	Roasted Sweet Potato Steamed Carrots	Mashed Potatoes & Gravy Corn	Green Beans	Jo Jo Potato

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.

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](mailto:bschank@isd110.org) or 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**

**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
<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<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.