

Fresh MN Milk, & a Huge Assortment of: Fruits, Vegetables and Salads are Offered With Every Meal.

DECEMBER Cafe #110 GF Lunch Menu

Clearwater Middle School

	Monday, November 28, 2016	Tuesday, November 29, 2016	Wednesday, November 30, 2016	Thursday, December 1, 2016	Friday, December 2, 2016
f3					
1	GF Chicken Nuggets	GF Chicken Chow Mein & Brown Rice	GF Sloppy Joe Sandwich	GF Tater Tot HD & Dinner Roll	GF Philly Steak Wrap
2	GF Pizza		GF Grilled Chicken Sandwich		GF Chicken Fajita & Rice Pilaf
L			Baked Beans	Hummus	
V	Broccoli	Teriyaki Zucchini	Sweet Potato Fries	Broccoli	Asparagus
V	Peas				Fresh Toppings
O					
w1	Monday, December 5, 2016	Tuesday, December 6, 2016	Wednesday, December 7, 2016	Thursday, December 8, 2016	Friday, December 9, 2016
1	GF Chicken Nuggets	GF Pancakes & Sausate	Chili & GF Bread		GF Grilled Cheese & Tomato Soup
2	GF Pizza		Stuff a Baked Potato & GF Bread	GF Chicken Fajita & Spanish Rice	
L				Hummus	Black Beans
V	Peas	Carrot Coins	Broccoli		
V					
O					
w2					
1	GF Chicken Nuggets	White Chili	GF Hamburger/ Cheeseburger	GF Nacho Boat & Spanish Rice	GF Spaghetti & Meat Sauce
2			GF Chicken Patty Sandwich	Ham & Cheese Quiche	
L			Baked Beans	Black Bean Salsa	
V	Broccoli	Marinaged Vegetables	Sandwich Veggie Toppings	Santa Fe Vegetables	Asparagus
V	Baby Carrots				Caesar Salad
O					
w3	Tuesday, January 2, 1900	Wednesday, January 3, 1900	Thursday, January 4, 1900	Friday, January 5, 1900	Saturday, January 6, 1900
1	GF Chicken Tenders	GF Spaghetti & Meat Sauce	GF Hot Ham & Cheese Sandwich	HOLIDAY BREAK	HOLIDAY BREAK
2	GF Pizza	GF Teriyaki Chicken	Baked Pork Chop	NO SCHOOL	NO SCHOOL
L			Baked Beans		
V	Buttered Beets	Asparagus	Jo-Jo Potatoes		
V	Carrots	Whole Kernel Corn			
O					
x	Tuesday, January 9, 1900	Wednesday, January 10, 1900	Thursday, January 11, 1900	Friday, January 12, 1900	Saturday, January 13, 1900
1	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
2	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
L					
V					
V					
O					

Fresh MN Milk, & a Huge Assortment of: Fruits, Vegetables and Salads are Offered With Every Meal.

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!

This Gluten Free Menu is only available to students who have a doctor's note stating they are gluten allergic or have Celiac Disease; an official doctor's note has to be on file in the nurse's 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.

### Cafe #110 GF Breakfast Menu

### Clearwater Middle School

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Healthy Cook's Choice	Hearty Cook's Choice	Healthy Cook's Choice	Hearty Cook's Choice	Assorted Cook's Choice
2	Granola Bar or Cereal	Granola Bar or Cereal	Granola Bar or Cereal	Granola Bar or Cereal	Granola Bar or Cereal
f	Fruit & Juice Choices	Fruit & Juice Choices	Fruit & Juice Choices	Fruit & Juice Choices	Fruit & Juice Choices
m	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

Cafe #110 Meal Prices	PK-5	6-8	9-12	Guest
Breakfast	\$0.75 (Kindergarten=free)	\$0.75	\$0.75 (ALC=free)	\$2.10
Lunch	\$2.60	\$2.75	\$2.95	\$4.50
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 mail 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 [spingeon@isd110.org](mailto:spingeon@isd110.org).

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