

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

**DECEMBER Cafe #110 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	Popcorn Chicken & Spinach Ravioli	Chicken Chow Mein & Brown Rice	Sloppy Joe Sandwich	Tater Tot HD & Dinner Roll	Philly Steak Sandwich
2	Stuffed Crust Pizza	Pork Egg Roll & Brown Rice	Grilled Chicken Sandwich	Italian Sausage Pasta Bake & Dinner Roll	Chicken Fajita & Rice Pilaf
	Deli Sandwich	Uncrustable	Deli Sandwich	Uncrustable	Deli Sandwich
L			Baked Beans	Hummus	
V	Broccoli	Teriyaki Zucchini	Sweet Potato Fries	Broccoli	Asparagus
V	Peas				Fresh Toppings
O		Fortune Cookie			
w1	Monday, December 5, 2016	Tuesday, December 6, 2016	Wednesday, December 7, 2016	Thursday, December 8, 2016	Friday, December 9, 2016
1	Chicken Nuggets & Squash Ravioli	Chicken Fajita & Spanish Rice	Chili & Corn Muffin	Beef Stroganoff over Fettucini	Grilled Cheese & Tomato Soup
2	Pepperoni Pizza	Beef Enchilada & Spanish Rice	Stuff a Baked Potato & Corn Muffin	Smoked Sausage & Pierogi	Queso Southwest Lasagna
	Deli Sandwich	Uncrustable	Deli Sandwich	Uncrustable	Deli Sandwich
L		Black Beans			Hummus
V	Peas	Fresh Toppings	Broccoli	Carrot Coins	Fresh Veggies
V					
O					
w2	Monday, December 12, 2016	Tuesday, December 13, 2016	Wednesday, December 14, 2016	Thursday, December 15, 2016	Friday, December 16, 2016
1	Orange Chicken & Brown Rice	White Chili & Corn Muffin	Hamburger/ Cheeseburger	Turkey	Lasagna & Garlic Toast
2	Cheesy Garlic Bread & Marinara	Tater tot Hotdish & Corn Muffin	Breaded Chicken Breast Sandwich	Ham	Seafood Fettuccine Alfredo & Garlic Toast [1]
	Deli Sandwich	Uncrustable	Deli Sandwich	Uncrustable	Deli Sandwich
L			Baked Beans		
V	Broccoli	Marinaged Vegetables	Sandwich Veggie Toppings	Mashed Potatoes	Asparagus
V	Baby Carrots			Green Beans	Caesar Salad
O				Cranberries	
w3	Monday, December 19, 2016	Tuesday, December 20, 2016	Wednesday, December 21, 2016	Thursday, December 22, 2016	Friday, December 23, 2016
1	Popcorn Chicken & Spinach Ravioli	Spaghetti & Meat Sauce with Breadstick	Hof Ham & Cheese on a Pretzel Bun	HOLIDAY BREAK	HOLIDAY BREAK
2	Stuffed Crust Pizza	Teriyaki Chicken with LoMein Noodles	Crescent Roll Wrapped All Beef Hotdog	NO SCHOOL	NO SCHOOL
	Deli Sandwich	Uncrustable	Deli Sandwich		
L			Baked Beans		
V	Buttered Beets	Asparagus	Jo-Jo Potatoes		
V	Carrots	Whole Kernel Corn			
O					
x	Monday, December 26, 2016	Tuesday, December 27, 2016	Wednesday, December 28, 2016	Thursday, December 29, 2016	Friday, December 30, 2016
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					

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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!

Waconia Public Schools participates in the National School Breakfast and Lunch Program. Schools who participate are required to provide specific qualities of nutrition within 5 meal components: 1. meat/ meat alternate, 2. grains, 3. fruits, 4. vegetables, and 5. dairy. Details and specific requirements are set for each meal component which are planned into your menu by the district's dietitian. Students wishing to receive the "Meal Price" must fill their plates with three of the five components - one component must be comprised of fruits and or vegetables and be a minimum 1/2 cup portion.

**Cafe #110 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	\$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 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