

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

DECEMBER Cafe #110 GF Lunch Menu

Elementary

	Monday, November 28, 2016	Tuesday, November 29, 2016	Wednesday, November 30, 2016	Thursday, December 1, 2016	Friday, December 2, 2016
f3					
1	GF Pizza	GF Chicken Strips	GF Chicken Caesar Salad	GF Super Beef & BB Nachos	GF French Toast & Sausage Links
2					
L				Hummus & Veggie	
V	Honey Glazed Carrots	Asparagus Tips	Green Beans	Shredded Lettuce	Asparagus
V	Green Beans	Fresh Garden Salad	Caesar Salad		Tater Tots
O			Birthday Celebration		
w1					
1	GF Pizza	GF Chicken Strips	GF Spaghetti & Sauce	GF Hot Ham & Cheese with Fritos	GF French Toast & Ham
2					
L		Fresh BB Salsa with Chips		BBQ Beans	
V	Corn		Carrot Coins	Steamed Broccoli	Red Pepper Sticks & Peas
V	Fresh Garden Salad	Shredded Lettuce	Caesar Salad		Roasted Sweet Potatoes
O					
w2					
1	GF Chicken Strips	GF Beef Taco	GF Hotdog on a Bun	GF Grilled Cheese Sandwich	Omelet & GF French Toast
2					
L	Edamame	Layered BB Dip			
V		Fresh Carrot Coins	Whole Kernel Corn	Tomato Soup & GF Crackers	Baked Diced Potatoes
V	Fresh Garden Salad		Fresh Garden Salad	Fresh Garden Salad	Steamed Broccoli
O					
w3					
1	GF Pizza	GF Chili	GF Spaghetti & Sauce	HOLIDAY BREAK	HOLIDAY BREAK
2				NO SCHOOL	NO SCHOOL
L		Black Bean Layer Dip & Cucs			
V	Carrot & Celery		Asparagus		
V	Fresh Garden Salad	Fresh Garden Salad	Caesar Salad		
O					
x					
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					

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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!

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 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 or 952-856-4512.

### Cafe #110 GF Breakfast Menu

### Elementary

	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 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.

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