

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

**DECEMBER Cafe #110 Lunch Menu**

**SW Metro**

	Monday, November 28, 2016	Tuesday, November 29, 2016	Wednesday, November 30, 2016	Thursday, December 1, 2016	Friday, December 2, 2016
f3					
1	Pizza	Shrimp Poppers & Pasta	Chicken Caesar Salad & Breadstick	Super Beef & BB Nachos	Cinnamon Swirl French Toast & Sausage Links
2					
L				Hummus & Veggie	
V	Honey Glazed Carrots	Asparagus Tips	Green Beans	Shredded Lettuce	Roasted Brussels Sprouts
V	Green Beans	Fresh Garden Salad	Caesar Salad		Cheesy Hash Browns
C			Birthday Celebration		
w1					
1	Cheese Pizza	Nacho Bake	Chicken Noodle Soup & Dinner Roll	Hot Ham & Cheese on Pretzel Bun	Waffle & Ham
2					
L		Fresh BB Salsa with Chips		Baked Beans	
V	Corn	Shredded Lettuce	Carrot Coins	Hummus & Carrots	Sweet Potatoes
V	Steamed Broccoli	Winter Fruit Crisp	Caesar Salad		Fresh Veggie
C					
w2					
1	Orange Chicken with Rice	Beef Taco	Pizza Hot Dish & Breadstick	Grilled Cheese Sandwich	Ham & Spinach Quiche with Mini Cinnamon Roll [1]
2					
L	Edamame			Hummus	
V	Green Peas	Fresh Carrot Coins	Roasted Caulif & Brocc	Tomato Soup	Roasted Potatoes
V	Fortune Cookie	Fresh Garden Salad	Fresh Garden Salad		Fresh Veggies
C					
w3					
1	Calzone	Sloppy Joe	3-Cheese Ravioli	HOLIDAY BREAK	HOLIDAY BREAK
2				NO SCHOOL	NO SCHOOL
L		BB Layer Dip			
V	Steamed Green Beans	Fresh Garden Salad	Asparagus		
V	Fresh Garden Salad	Mini Cookie Bar	Caesar Salad		
C					
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					
C					

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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

### SW Metro

	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 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 [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

[1] Bake in steam pan - line with puff pastry and bake (can be done ahead of time) - then add egg, cheese, ham, spinach . . .