

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

DECEMBER Cafe #110 Lunch Menu

Waconia Enrichment Center

	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	Fresh Veggies		Cheesy Hash Browns
C			Birthday Celebration		
w1	Monday, December 5, 2016	Tuesday, December 6, 2016	Wednesday, December 7, 2016	Thursday, December 8, 2016	Friday, December 9, 2016
1	Cheese Pizza	Nacho Bake	Chicken Noodle Soup & Dinner Roll	BV #1 VOTE: Orange Chicken with Brown Rice	Waffle & Ham
2					
L		Fresh BB Salsa with Chips		Baked Beans	
V	Corn		Carrot Coins	Hummus & Carrots	Sweet Potatoes
V	Steamed Broccoli	Shredded Lettuce	Caesar Salad		Fresh Veggie
C		Winter Fruit Crisp		Fortune Cookie	
w2	Monday, December 12, 2016	Tuesday, December 13, 2016	Wednesday, December 14, 2016	Thursday, December 15, 2016	Friday, December 16, 2016
1	Hot Ham & Cheese on Pretzel Bun	Beef Taco	Pizza Hot Dish & Breadstick	Grilled Cheese Sandwich	Ham & Spinach Quiche with Mini Cinnamon Roll [1]
2					
L	Edamame			Hummus	
V		Fresh Carrot Coins	Roasted Caulif & Brocc	Tomato Soup	Roasted Potatoes
V	Green Peas	Fresh Toppings	Fresh Garden Salad		Fresh Veggies
C					
w3	Monday, December 19, 2016	Tuesday, December 20, 2016	Wednesday, December 21, 2016	Thursday, December 22, 2016	Friday, December 23, 2016
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		Caesar Salad		
C		Holiday Treat			
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					
C					

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!

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

Waconia Enrichment Center

	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 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