

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

DECEMBER Cafe #110 Lunch Menu

Waconia High School

| | Monday, November 28, 2016 | Tuesday, November 29, 2016 | Wednesday, November 30, 2016 | Thursday, December 1, 2016 | Friday, December 2, 2016 |
|----|---|--|----------------------------------|----------------------------|----------------------------------|
| f3 | | | | | |
| 1 | Chicken Fettuccini Alfredo/Garlic Toast | Cinn. French Toast/Sausage | Breaded Pork Steak, Dinner Roll | BBQ Pulled Pork/Bun | Corn Dog |
| 2 | Pizza | Beef Nacho Bake | Breaded Pork Steak, Dinner Roll | Gyro | Cheese Garlic Bread/Marinara Cup |
| | Deli Sandwich | Un crustable | Deli Sandwich | Un crustable | Deli Sandwich |
| L | | | | | |
| V | Green Beans | Roasted Sweet Potato | Mashed Potatoes & Gravy | Fresh Veggie Toppings | Roasted Vegetables |
| V | | Steamed Carrots | Corn | Coleslaw | Jo Jo Potato |
| O | | Fruit Toppings | | | |
| w1 | Monday, December 5, 2016 | Tuesday, December 6, 2016 | Wednesday, December 7, 2016 | Thursday, December 8, 2016 | Friday, December 9, 2016 |
| 1 | Hot Dog/ Tri Tator | Baked Potato Soup & Cheesy Breadstick | Baked Chicken Strips | Sloppy Jo Sandwich | Belgian Waffle & Sliced Ham |
| 2 | Pepperoni French Bread Pizza | Chicken Alfredo Tortellini & Cheesy Breadstick | Baked Chicken Strips | Fish Taco & Rice [1] | Chicken Parmesan on Spaghetti |
| | Deli Sandwich | Un crustable | Deli Sandwich | Un crustable | Deli Sandwich |
| L | | | | | |
| V | Green Beans | Broccoli | Ranch Mashed Potatoes | Hummus | Sweet Potato Souffle |
| V | | | California Blend | BBQ Beans | Glazed Carrots |
| O | | | | Coleslaw | |
| w2 | | | | | |
| 1 | Hot Ham & Cheese on Ciabatta | Beef Stew & Fresh Baked Roll | Orange Chicken & Fried Rice | Chili & Cheesy Breadstick | Beef Stroganoff & Breadstick |
| 2 | Calzone with Marinara [2] | Ravioli with Pesto or Marinara & Breadstick | Orange Chicken & Fried Rice | Chicken Pot Pie | Egg Roll & Rice |
| | Deli Sandwich | Un crustable | Deli Sandwich | Un crustable | Deli Sandwich |
| L | | | | | |
| V | Green Beans | Tri Tator | Asparagus | Hummus | Broccoli |
| V | Mashed Potatoes | | | Fresh Veggies | |
| O | | | | | |
| w3 | Tuesday, January 2, 1900 | Wednesday, January 3, 1900 | Thursday, January 4, 1900 | Friday, January 5, 1900 | Saturday, January 6, 1900 |
| 1 | Chicken Noodle Soup & Cheesy Breadstick | Pulled Pork Sandwich | Breaded Pork Steak & Dinner Roll | HOLIDAY BREAK | HOLIDAY BREAK |
| 2 | Corndog | Spaghetti & Meatsauce with Breadstick | Breaded Pork Steak & Dinner Roll | NO SCHOOL | NO SCHOOL |
| | Deli Sandwich | Un crustable | Deli Sandwich | | |
| L | | | | | |
| V | Steamed Carrots | Baked Beans | Mashed Potatoes & Gravy | | |
| V | | Asparagus | Whole Kernel Corn | | |
| O | | | Cranberries | | |
| 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 | | | | | |

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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

Waconia High 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 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