



# Café #110 September Elementary GF Lunch Menu

F1 Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
GF Chicken Strips	GF Sloppy Joe	GF Pasta	GF Pizza	GF Chicken Nacho
BBQ Baked Beans	Carrot Coins	Green Beans	Hummus & Veggies	Shredded lettuce
Fresh Garden Salad	Fresh Garden Salad	Caesar Salad	Shredded Lettuce	Broccoli Poco Churro
F2 Monday 5-Sep	Tuesday 6-Sep	Wednesday 7-Sep	Thursday 8-Sep	Friday 9-Sep
	GF Chicken Nuggets	GF Pasta	GF Chicken Patty Sandwich	GF Pancake & Sliced Ham
	Mashed Potatoes Roasted Sweet Potatoes	Baby Carrots & Celery Sticks Caesar Salad	Hummus & Veggie Whole Kernel Corn Mini Rice Krispy Bar	Sweet Potato Tots Cucumber Slices
F3 Monday 12-Sep	Tuesday 13-Sep	Wednesday 14-Sep	Thursday 15-Sep	Friday 16-Sep
GF Super Beef & BB Nachos	GF Chicken Strips	GF Chicken Caesar Salad	GF Pizza	GF French Toast & Sausage Links
Black Bean Salsa & Chips Carrot & Pea Pods	Snap Peas Fresh Garden Salad	Green Peas Caesar Salad	Hummus & Veggie Shredded Lettuce Pettit Cookie	Asparagus Tater Tots
F4 Monday 19-Sep	Tuesday 20-Sep	Wednesday 21-Sep	Thursday 22-Sep	Friday 23-Sep
GF Cheese Quesadilla & Marinara	GF Hamburger/ Cheeseburger	GF Pasta	GF Chicken with Rice	Cheese Omelet
Honey Glazed Carrots Fresh Garden Salad	Baked Beans Calico Fries	Steamed Broccoli Caesar Salad	Hummus & Veggies Red Pepper Sticks & Pea Pods Fortune Cookie	Cauliflower Sweet Potato Fries
F5 Monday 26-Sep	Tuesday 27-Sep	Wednesday 28-Sep	Thursday 29-Sep	Friday 30-Sep
GF All Beef Hotdog	GF Chicken Strips	GF Spaghetti with Meat Sauce	GF Chicken Nuggets	GF Pancakes & Sausage
Baked Beans Fresh Garden Salad	Whole Kernel Corn Mashed Potatoes	Honey Glazed Carrot Coins Caesar Salad	Baked Pepper Hummus & Carrot Co Fresh Garden Salad BD Treat	Roasted Sweet Potatoes Hash browns

This Gluten Free Menu is only available to students who have a doctors 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.

Please contact Barb Schank for more information and direction about this Menu at [bschank@isd110.org](mailto:bschank@isd110.org) or 952-856-4512.

Assorted Fresh Fruit and Minnesota Milk: 1%, Skim, or FF Chocolate Served at Every Meal!

Waconia Public Schools participates in the National School Lunch Program (NSLP). Schools who participate are required to provide specific levels of nutrition quality within 5 separate meal components: 1. meat/ meat alternate, 2. grains, 3. fruits, 4. vegetables, and 5. dairy. Detailed and specific requirements are set for all components but I will focus on grains. It is mandated that, 100% of all grains offered on our menus contain >51% whole grain. Most of the gluten free grain components/ options that we have access to do not provide this level of compliance. For students who have a disability such that they "have an impairment that substantially limits one or more life activities" - Celiac Disease fits here - they could request a note from their doctor stating the disability and prescription for meal accommodations and our school meal program would then be able to make the modifications and provide the gluten free meal, that the student needs, at the usual student price. A gluten free meal is available at a non-reimbursable price of \$4.50 - arrangements need to be made in order it to be set up and prepared. Please call Barb Schank with your questions or comments, at 952-856-4512.

"Smart Snacks in Schools" is a new standard that will be applied to all snack foods and beverages sold to children at school during the school day. The health of today's school environment continues to improve. Smart Snacks in School support efforts by Cafe #110, school administrators, teachers, parents and our community to instill healthy habits in students. Nutrition Standards for allowable Snacks & Beverages are well defined: they all have calorie, sodium, fat & sugar limits, must be whole grain rich, or have fruit, vegetable, dairy or protein as their first ingredient. More specific criteria can be found at <http://www.fns.usda.gov/school-meals/smart-snacks-school>.

### *Café #110 September GF Breakfast Menu*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
GF Cereal & Cheese Stick	GF Cereal & Cheese Stick	GF Cereal & Cheese Stick	GF Cereal & Cheese Stick	GF Cereal & Cheese Stick
<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk	<b>Fruit &amp; Juice Choices</b> 1% or Skim Milk

#### Café #110 Meal Prices

	<b>PK-5</b>	<b>6-8</b>	<b>9-12</b>	<b>Guest</b>
<b>Breakfast</b>	\$0.75 (K=free)	\$0.75	\$0.75	\$2.10
<b>Lunch</b>	\$2.60	\$2.75	\$2.95	\$3.65
<b>Milk</b>	\$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 [bschank@isd110.org](mailto:bschank@isd110.org).

**Please Note:** 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

The U.S. Department of Agriculture (USDA) is an equal opportunity employer.

**Assorted Fresh Fruit and Minnesota Milk: 1%, Skim, or FF Chocolate Served at Every Meal!**