

Check us out on Facebook: "Café #110 Waconia" and our school garden "Waconia Edible Classroom."



Café #110 September Lunch Menu

Southview

F1 Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
Baked Chicken Strips, Fresh Baked Dinner Roll	Corndog	Tortellini	Cheese Pizza	Beef Nacho
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
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
	Chicken Nuggets	Lasagna	Chicken Patty Sandwich	Waffle & Sliced Ham
	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
	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
Super Beef & BB Nachos	Shrimp Poppers & Pasta	Chicken Caesar Salad & Breadstick	Pizza	Cinnamon Swirl French Toast & Sausage Links
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Black Bean Salsa & Chips	Snap Peas	Green Peas	Hummus & Veggie	Asparagus
Carrot & Pea Pods	Fresh Garden Salad	Caesar Salad	Shredded Lettuce Pettit Cookie	Tater Tots
F4 Monday 19-Sep	Tuesday 20-Sep	Wednesday 21-Sep	Thursday 22-Sep	Friday 23-Sep
Cheese Quesadilla & Marinara	Hamburger/ Cheeseburger	Fettuccini Alfredo	Orange Chicken with Rice	Cheese Omelet with Mini Cinnamon Roll
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Honey Glazed Carrots	Baked Beans	Steamed Broccoli	Hummus & Veggies	Cauliflower
Fresh Garden Salad	Calico Fries	Caesar Salad	Red Pepper Sticks & Pea Pods Fortune Cookie	Sweet Potato Fries
F5 Monday 26-Sep	Tuesday 27-Sep	Wednesday 28-Sep	Thursday 29-Sep	Friday 30-Sep
All Beef Hotdog	Turkey Gravy & Fresh Dinner Roll	Spaghetti with Meat Sauce, & Breadstick	Popcorn Chicken & Pasta	Pancakes & Sausage
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Baked Beans	Whole Kernel Corn	Honey Glazed Carrot Coins	Roasted Pepper Hummus & Carrot Co	Roasted Sweet Potatoes
Fresh Garden Salad	Mashed Potatoes	Caesar Salad	Fresh Garden Salad BD Treat	Hash browns

Fresh MN Milk, and a HUGE Assortment of Fruits, Vegetables and Salad is offered with every meal!

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Cafe #110 is super excited about the new school year! We are continuing with our commitment to: promote participation in our breakfast and lunch programs, provide more scratch food items, provide safe & secure foods, prevent food allergy contact, provide a variety of seasonal fresh & alternate fruits and vegetables every day, offer fewer processed foods, buy locally, reduce our environmental footprint, provide outstanding customer service, offer meal choices every day that are well liked, challenge kids to learn about their food choices and nutrition, keep meal costs low by being efficient and effective.

"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 Breakfast Menu

Breakfast Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice
Cereal Bar	Mini Cinnamon Roll	Banana Bread	Yogurt & Crackers	Muffin & Cheese Stick
Fruit & Juice Choices 1% or Skim Milk	Fruit & Juice Choices 1% or Skim Milk	Fruit & Juice Choices 1% or Skim Milk	Fruit & Juice Choices 1% or Skim Milk	Fruit & Juice Choices 1% or Skim Milk

Café #110 Meal Prices

	PK-5	6-8	9-12	Guest
Breakfast	\$0.75 (K=free)	\$0.75	\$0.75	\$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 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.

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