



# Café #110 September GF Lunch Menu

WHS

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 or 952-856-4512.

F1 Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
GF Beef Hot Dog	GF Burger	GF Teriyaki Chicken & Rice		GF Turkey Bacon Sandwich
GF Pan Pizza	GF Waking Taco		GF Pasta & Marinara	GF Chicken Fajita
Baked Beans	Jo Jo Potatoes	Green Beans	Wildcat Slaw	Broc & Cauli Salad
Waffle Fries	Fresh Veggie Topping		Ranch Mashed Potatoes	Green & Red Peppers

F2 Monday 5-Sep	Tuesday 6-Sep	Wednesday 7-Sep	Thursday 8-Sep	Friday 9-Sep
	GF Philly Steak Melt	GF Chicken Strips & Rice	GF Chicken Patty Sandwich	
	GF Pizza			GF Cheesy Garlic Bread
	Roasted Carrots	Steamed Broccoli		Mashed Potatoes
	Peppers/Onion/Mush		Calf Medley	Corn

F3 Monday 12-Sep	Tuesday 13-Sep	Wednesday 14-Sep	Thursday 15-Sep	Friday 16-Sep
GF Pulled Pork	GF Cinn. French Toast/Sausage	GF Hamburger	GF Chicken Breast/Parm	
	GF Beef Hash/Bk		Fettuccini	GF Corniths Taco
Baked Beans	Roasted Sweet Potato	Mashed Potatoes & Gravy		Black Bean Salsa/Refried Beans
Hash Brown Potato	Steamed Carrots	Corn	Green Beans	Jo Jo Potato
Fresh Veggie Toppings				

F4 Monday 19-Sep	Tuesday 20-Sep	Wednesday 21-Sep	Thursday 22-Sep	Friday 23-Sep
GF Wildcat Burger		Gf Baked Chicken Strip	Gf Teriyaki Chicken Sandwich	Egg Omelet
GF Crust Pizza	GF Super Nachos			GF Beef & Bean Burrito
BBQ Beans	Refried Beans			Black Bean Salsa
Hash Brown Potato	Au gratin Potato	Mashed Potatoes & Gravy		Mashed Sweet Potato
Glazed Carrots	Fresh Pico De Gallo	Corn	Marinated Veggie Salad	Fresh Veggies

F5 Monday 26-Sep	Tuesday 27-Sep	Wednesday 28-Sep	Thursday 29-Sep	Friday 30-Sep
GF Hot Ham Cheese Sandwich	GF Chicken Breast Sandwich		GF Chicken Nuggets	GF Waffle/Ham Slice
GF Cheese Pizza		GF Chicken Quesadilla	GF Crust Pizza	GF Taco Tator Tot Hot dish/Rice
Hummus		Refried Beans		
Fresh Veggies	Coleslaw	Mashed Potatoes/Corn		Fresh Veggies
	Green Beans	Salsa	Roasted Cauli/Broccoli	Roasted Sweet Potatoes

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

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"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*

*WHS*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese
<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.

**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.

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!