

**f** Café #110 September GF Lunch Menu Clearwater

F1 Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
GF Chicken Nuggets	GF Turkey Gravy	Hamburger	Buffalo Chicken Pasta Bake	Chicken Fettuccini Alfredo & Garlic Bread
Broccoli	Green Beans Washed Potatoes Cranberries	Baked Beans Sandwich Toppings	Hummus Roasted Carrots Brussels Sprouts	Edamame Caesar Salad
F2 Monday 5-Sep	Tuesday 6-Sep	Wednesday 7-Sep	Thursday 8-Sep	Friday 9-Sep
	GF Italian Meatball Sub	GF French Toast & Sausage Links GF Chicken Ranch Wrap	GF Broccoli & Cheese Soup	GF Tacos
	Scalloped Potatoes Rstd Baby Carrots	Zucchini Scramble Squash Bake	Hummus Fresh Veggies	Red Beans Santa Fe Vegetables
F3 Monday 12-Sep	Tuesday 13-Sep	Wednesday 14-Sep	Thursday 15-Sep	Friday 16-Sep
GF Chicken Nuggets GF Pizza	GF Chicken Chow Mein & Brown Rice	GF Sloppy Joe Sandwich	GF Later Tot HD & Dinner Roll	GF Chicken Pasta & Rice
Broccoli Peas	Teriyaki Zucchini	Baked Beans Sweet Potato Fries	Hummus Broccoli	Asparagus Fresh Toppings
F4 Monday 19-Sep	Tuesday 20-Sep	Wednesday 21-Sep	Thursday 22-Sep	Friday 23-Sep
GF Sweet & Sour Chicken & Rice GF Teriyaki Meatballs & Rice	GF Philly Steak Wrap Smoked Sausage	GF Hamburger/Cheeseburger GF Chicken Patty Sandwich	GF Grilled Cheese Sandwich & Tomato Soup	GF All Beef Hot Dog
Broccoli Peas	Pierogis Carrots	Baked Beans Sandwich Toppings	Hummus Fresh Veggie Sticks	Green Beans
F5 Monday 26-Sep	Tuesday 27-Sep	Wednesday 28-Sep	Thursday 29-Sep	Friday 30-Sep
GF Chicken Strips Personal Pizza	GF Hot Ham & Cheese	GF Spaghetti & Meat Sauce	Beef Stew Stuffed Baked Potato	GF Walking Taco & Spanish Rice
Carrots	Baked Beans Ranch Potato Wedges	Coleslaw Corn	Hummus Broccoli	Santa Fe Vegetables Asparagus

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.

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

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. Students & parents are expected to make arrangements with the kitchen manager to plan and order meals each day/ week/ month. Please contact Barb Schank for more information and direction about this Gluten Free Menu at bschank@isd110.org or 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*

*Clearwater*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
GF Cereal & String Cheese				
<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. Southview 952-442-0620 Bayview 952-442-0630

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!**