

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



Café #110 September Lunch Menu

Clearwater

F1 Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
Chicken Nuggets & Squash Ravioli	Turkey Gravy & Dinner Roll	Hamburger	Buffalo Chicken Pasta Bake	Battered Fish Strips & Garlic Bread
Pepperoni Pizza	Pork Patty & Dinner Roll	Corndog	Hamburger Wild Rice Hot Dish	Chicken Fettuccini Alfredo & Garlic Bread
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Broccoli	Green Beans Mashed 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
	Italian Meatball Sub	French Toast & Sausage Links	Chicken Noodle Soup & Broccoli & Cheese Soup & Rosco Stick	Chicken Enchilada & Rice
	Chicken Ranch Wrap	Pancakes & Sausage Links	Rosco Stick	Hard/Soft Shell Tacos
	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
	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
Popcorn Chicken & Spinach Ravioli	Chicken Chow Mein & Brown Rice	Sloppy Joe Sandwich	Tater Tot HD & Dinner Roll	Shrimp Mates & Rice Pilaf
Stuffed Crust Pizza	Pork Egg Roll & Brown Rice	Grilled Chicken Sandwich	Italian Sausage Pasta Bake & Dinner Roll	Chicken Fajita & Rice Pilaf
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
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
Sweet & Sour Chicken & Rice	Philly Steak Wrap	Hamburger/Cheeseburger	Grilled Cheese Sandwich & Tomato Soup	All Beef Hot Dog
Teriyaki Meatballs & Rice	Smoked Sausage	Chicken Patty Sandwich	Calzone	Macaroni & Cheese with Ham
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
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
Chicken Strips & Pannardelle	Hot Ham & Cheese on Pretzel Bun	Spaghetti & Meat Sauce & Breadstick	Beef Stew & Cheesy Biscuit	Walking Taco & Spanish Rice
Personal Pizza	Corndog	Teriyaki Chicken LO Mein & Breadstick	Stuffed Baked Potato & Cheesy Biscuit	Shrimp Alfredo
Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich	Uncrustable & Cheese Stick	Deli Sandwich
Carrots	Baked Beans Ranch Potato Wedges	Coleslaw Corn	Hummus Broccoli	Santa Fe Vegetables Asparagus

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

Before School 7:30

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry
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.

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

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