

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



Café #110 September Lunch Menu

WEC

F1 Monday 29-Aug	Tuesday 30-Aug	Wednesday 31-Aug	Thursday 1-Sep	Friday 2-Sep
Cold Lunch Box	Cold Lunch Box	Cold Lunch Box	Cold Lunch Box	Cold Lunch Box
Sample Box Menu: Pita Wedges/ Shredded Mozzarella/ Pepperoni, Summer Sausage/ Cheddar Cheese/ Crackers, Crackers/ Ham Slices/ Provolone Cheese, Corn Chips/ Nacho Cheese, Ham & Cheese Sandwich, Roast Beef & Provolone Sandwich, Turkey & Cheddar Wrap,				
Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
F2 Monday 5-Sep	Tuesday 6-Sep	Wednesday 7-Sep	Thursday 8-Sep	Friday 9-Sep
	Cold Lunch Box	Cold Lunch Box	Cold Lunch Box	Cold Lunch Box
	Sample Box Menu: Pita Wedges/ Shredded Mozzarella/ Pepperoni, Summer Sausage/ Cheddar Cheese/ Crackers, Crackers/ Ham Slices/ Provolone Cheese, Corn Chips/ Nacho Cheese, Ham & Cheese Sandwich, Roast Beef & Provolone Sandwich, Turkey & Cheddar Wrap,			
	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
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
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
Cheese Quesadilla & Marinara	Hamburger/ Cheeseburger	Fettuccini Alfredo	Orange Chicken with Rice	Cheese Omelet with Mini Cinnamon Roll
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
All Beef Hotdog	Turkey Gravy & Fresh Dinner Roll	Spaghetti with Meat Sauce, & Breadstick	Popcorn Chicken & Pasta	Pancakes & Sausage
Baked Beans Fresh Garden Salad	Whole Kernel Corn Mashed Potatoes	Honey Glazed Carrot Coins Caesar Salad	Roasted Pepper Hummus & Carrot Co Fresh Garden Salad BD Treat	Roasted Sweet Potatoes 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 2015-2016 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

WEC

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese	Cereal & String Cheese
Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry	Breakfast Pastry
Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% Milk	Fruit & Juice Choices 1% 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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