



Café #110 GF October Lunch Menu

Clearwater

F1 Monday	3-Oct	Tuesday	4-Oct	Wednesday	5-Oct	Thursday	6-Oct	Friday	7-Oct
GF Chicken Nuggets		GF Turkey Gravy		Hamburger					
GF Pizza						Hamburger With Rice Hot Dish		Chicken Fettuccini Alfredo & Garlic Bread	
				Baked Beans		Hummus			
Broccoli		Green Beans		Sandwich Toppings		Roasted Carrots		Edamame	
		Mashed Potatoes				Brussels Sprouts		Caesar Salad	
		Cranberries							
F2 Monday	10-Oct	Tuesday	11-Oct	Wednesday	12-Oct	Thursday	13-Oct	Friday	14-Oct
GF Turkey Burger				GF French Toast & Sausage		GF Chicken Noodle Soup			
GF Brat on a Bun		GF Chicken Ranch Wrap		links		GF Broccoli & Cheese Soup		GF Tacos	
				GF Pancake & Sausage					
				links					
Black Bean Salsa & Chips						Hummus		Red Beans	
Baked Beans		Scalloped Potatoes		Zucchini Scramble		Fresh Veggies		Santa Fe Vegetables	
		Rstd Baby Carrots		Squash Bake					
F3 Monday	17-Oct	Tuesday	18-Oct	Wednesday	19-Oct	Thursday	20-Oct	Friday	21-Oct
GF Chicken Nuggets		GF Chicken Chow Mein & Brown Rice		Conferences		Ed MN State Conference			
GF Pizza				No School		No School			
Broccoli		Teriyaki Zucchini							
Peas									
F4 Monday	24-Oct	Tuesday	25-Oct	Wednesday	26-Oct	Thursday	27-Oct	Friday	28-Oct
GF Sweet & Sour Chicken & Rice				GF		GF Grilled Cheese		GF All Beef Hot Dog	
		Smoked Sausage		Hamburger/Cheeseburger		Sandwich & Tomato Soup			
Broccoli		Pierogis		Baked Beans		Hummus		Green Beans	
Peas		Carrots		Sandwich Toppings		Fresh Veggie Sticks			
F5 Monday	31-Oct	Tuesday	1-Nov	Wednesday	2-Nov	Thursday	3-Nov	Friday	4-Nov
GF Chicken Strips		GF Hot Ham & Cheese		GF Spaghetti & Meat Sauce		Beef Stew		GF Walking Taco & Spanish Rice	
Personal Pizza						Stuffed Baked Potato			
Carrots		Baked Beans				Hummus		Santa Fe Vegetables	
		Ranch Potato Wedges		Coleslaw		Broccoli		Asparagus	
				Corn					

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 952-856-4511



Fresh MN Milk, and a HUGE Assortment of: Fruits, Vegetables and Salads are offered with 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.



Cafe #110 is all about emphasizing the importance of balancing healthy eating and physical activity for our kids! Today's school lunch serves over 31 million children every school day across the nation! Cafe #110 offers our students a wide variety of fruits, vegetables, whole grains, and we're using more & more use locally grown ingredients. Our menus & recipes are inspired by our students, staff and current trends. Students need a healthy lunch to give them energy for after-school sports and activities! So, Get in the Game and Eat School Lunch!

Café #110 October GF Breakfast Menu

Clearwater

Monday	Tuesday	Wednesday	Thursday	Friday
GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese	GF Cereal & String Cheese
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 952-442-0620 Bayview 952-442-0630

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

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