



# Café #110 Elementary GF October Lunch Menu

F1 Monday	3-Oct	Tuesday	4-Oct	Wednesday	5-Oct	Thursday	6-Oct	Friday	7-Oct
GF Chicken Strips		GF Pulled BBQ Pork Sandwich		GF Pasta		GF Pizza		GF Chicken Nacho	
BBQ Baked Beans		Carrot Coins		Green Beans		Hummus & Veggies		Shredded lettuce	
Whole Kernel Corn		Fresh Garden Salad		Caesar Salad		Fresh Garden Salad		Broccoli	
						Peach Crisp			
F2 Monday	10-Oct	Tuesday	11-Oct	Wednesday	12-Oct	Thursday	13-Oct	Friday	14-Oct
GF Chicken Nuggets		GF Beef Soft Shell Taco		GF Pasta		GF Chicken Patty Sandwich		GF Pancake & Sliced Ham	
		Layered Bean Dip & Chips		Baby Carrots & Celery Sticks		Hummus & Veggie		Sweet Potato Tots	
Whole Kernel Corn		Vegetable Toppings		Caesar Salad		Fresh Garden Salad		Cucumber Slices	
Roasted Sweet Potatoes				Mini Cookie Bar					
F3 Monday	17-Oct	Tuesday	18-Oct	Wednesday	19-Oct	Thursday	20-Oct	Friday	21-Oct
GF Pizza		GF Chicken Strips		Conferences		Ed MN State Conference			
				Neschool					
Honey Glazed Carrots		Asparagus Tips							
Green Beans		Fresh Garden Salad							
F4 Monday	24-Oct	Tuesday	25-Oct	Wednesday	26-Oct	Thursday	27-Oct	Friday	28-Oct
GF Cheese Quesadilla & Salsa		GF Hamburger/ Cheeseburger		GF Chicken Pasta		GF Chicken with Rice		Cheesy Egg Bake	
Black Bean Salsa & Chips		Baked Beans		Steamed Broccoli		Hummus & Veggies		Sweet Potato Fries	
Carrot & Pea Pods		Calico Fries		Caesar Salad		Red Pper Stck & Pea Pds		Fresh Garden Salad	
						Fortune Cookie			
F5 Monday	31-Oct	Tuesday	1-Nov	Wednesday	2-Nov	Thursday	3-Nov	Friday	4-Nov
GF All Beef Hotdog		GF Chicken Strips		GF Spaghetti with Meat Sauce		GF Chicken Nuggets		GF Pancakes & Sausage	
Baked Beans		Whole Kernel Corn		Roasted Sweet Potatoes		Tstd Ppr Hummus & Carrot Coins		Honey Glazed Carrot Coins	
Oven Fries		Mashed Potatoes		Caesar Salad		Fresh Garden Salad		Hash browns	
						Birthday Cake			

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 directions about this Menu at [bschank@isd110.org](mailto:bschank@isd110.org) 952-856-4512.



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

Waconia Public Schools participates in the National School Lunch Program (NSLP). Schools who participate are required to provide specific levels of nutrition quality within 5 separate meal components: 1. meat/ meat alternate, 2. grains, 3. fruits, 4. vegetables, and 5. dairy. Detailed and specific requirements are set for all components but I will focus on grains. It is mandated that, 100% of all grains offered on our menus contain >51% whole grain. Most of the gluten free grain components/ options that we have access to do not provide this level of compliance. For students who have a disability such that they "have an impairment that substantially limits one or more life activities" - Celiac Disease fits here - they could request a note from their doctor stating the disability and prescription for meal accommodations and our school meal program would then be able to make the modifications and provide the gluten free meal, that the student needs, at the usual student price. A gluten free meal is available at a non-reimbursable price of \$4.50 - arrangements need to be made in order it to be set up and prepared. Please call Barb Schank with your questions or comments, at 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

Monday	Tuesday	Wednesday	Thursday	Friday
GF Cereal & Cheese Stick	GF Cereal & Cheese Stick	GF Cereal & Cheese Stick	GF Cereal & Cheese Stick	GF Cereal & Cheese Stick
<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

	PK-5	6-8	9-12	Guest
<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](mailto: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 442-0620 Bayview 442-0630 Laketown 442-0690

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

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