

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



# Café #110 October Lunch Menu

# Southview

F1 Monday 3-Oct	Tuesday 4-Oct	Wednesday 5-Oct	Thursday 6-Oct	Friday 7-Oct
Baked Chicken Strips, Fresh Baked Dinner Roll	Pulled BBQ Pork Sandwich	3 Cheese Ravioli	Cheese Pizza	Chicken Nacho
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
BBQ Baked Beans	Carrot Coins	Green Beans	Hummus & Veggies	Shredded lettuce
Whole Kernel Corn	Fresh Garden Salad	Caesar Salad	Fresh Graden Salad	Broccoli
			Peach Crisp	
F2 Monday 10-Oct	Tuesday 11-Oct	Wednesday 12-Oct	Thursday 13-Oct	Friday 14-Oct
Chicken Nuggets	Beef Soft Shell Taco	Lasagna	Chicken Patty Sandwich	Waffle & Sliced Ham
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Whole Kernel Corn	Layered Bean Dip & Chips	Baby Carrots & Celery Sticks	Hummus & Veggie	Sweet Potato Tots
Roasted Sweet Potatoes	Vegetable Toppings	Caesar Salad	Fresh Garden Salad	Cucumber Slices
		Mini Cookie Bar		
F3 Monday 17-Oct	Tuesday 18-Oct	Wednesday 19-Oct	Thursday 20-Oct	Friday 21-Oct
Pizza	Shrimp Poppers & Pasta	Conferences		Ed MN State Conference
PBJ Sandwich	Bosco Stick & Marinara Sauce	No School		No School
				
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
Cheese Quesadilla & Salsa	Hamburger/ Cheeseburger	Chicken Fettuccini Alfredo	Orange Chicken with Rice	Cheesy Egg Bake with Mini Cinnamon Roll
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
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
All Beef Hotdog	Turkey Gravy & Fresh Dinner Roll	Spaghetti with Meat Sauce, & Breadstick	Popcorn Chicken & Pasta	Pancakes & Sausage
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
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	

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



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 Breakfast Menu				Breakfast Bar
Monday	Tuesday	Wednesday	Thursday	Friday
Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice
Cereal Bar	Mini Cinnamon Roll	Banana Bread	Muffin & Cheese Stick	Yogurt & Crackers
<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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