

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



Café #110 October Lunch Menu

WHS

F1 Monday 3-Oct	Tuesday 4-Oct	Wednesday 5-Oct	Thursday 6-Oct	Friday 7-Oct
MN Grown All Beef Hotdog	Build a Burger	Teriyaki Chicken & Asian Rice	Breaded Shrimp	Turkey Bacon Flatbread
Personal Pan Pizza	Walking Taco	Teriyaki Chicken & Asian Rice	Lasagna & Garlic Toast	Chicken Fajita
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
Baked Beans	Jo Jo Potatoes	Green Beans	Wildcat Slaw	Broc & Cauli Salad
Waffle Fries	Fresh Veggie Toppings		Ranch Mashed Potatoes	Green & Red Peppers
				Apple Crisp
F2 Monday 10-Oct	Tuesday 11-Oct	Wednesday 12-Oct	Thursday 13-Oct	Friday 14-Oct
BBQ Rib	Philly Steak Melt	Orange Chicken/Asian Noodles	Breaded Chicken Patty Sandwich	Meatballs/Gravy
Shrimp & Seafood Scampi on Pasta Ribbons	Pizza Slice	Orange Chicken/Asian Noodles	Cheese Ravioli/Garlic Toast	Pork Carnitas Taco
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
Baked Beans/Refried Beans	Roasted Carrots	Steamed Broccoli	Calf Medley	Refried Beans
Hash Brown Potato	Peppers/Onion/Mush			Mashed Potatoes
Corn				Corn
F3 Monday 17-Oct	Tuesday 18-Oct	Wednesday 19-Oct	Thursday 20-Oct	Friday 21-Oct
Chicken Fettuccini Alfredo/Garlic Toast	Breaded Pork Steak, Dinner Roll	Conferences	Ed MN State Conference	
Pizza	Breaded Pork Steak, Dinner Roll	No School	No School	
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches			
Green Beans	Mashed Potatoes & Gravy			
	Corn			
F4 Monday 24-Oct	Tuesday 25-Oct	Wednesday 26-Oct	Thursday 27-Oct	Friday 28-Oct
Wildcat Burger	Meatloaf	Baked Chicken Strip	Turkey Burger	Egg Omelet & Zucchini Bread
Stuffed Crust Pizza	Super Nachos	Baked Chicken Strip	Chicken Alfredo Ravioli/Breadstick	Build Your Own Burrito
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
BBQ Beans	Refried Beans	Mashed Potatoes & Gravy	Fresh Toppings	Black Bean Salsa
Glazed Carrots	Au gratin Potato	Corn	Marinated Veggie Salad	Mashed Sweet Potato
	Fresh Pico De Gallo			Fresh Veggies
F5 Monday 31-Oct	Tuesday 1-Nov	Wednesday 2-Nov	Thursday 3-Nov	Friday 4-Nov
Hot Ham Cheese Ciabatta	Battered Fish Strips/Cheddar Biscuit	Turkey Gravy/Dinner Roll	Lemon Chicken/Fried Rice	Belgian Waffle/Ham Slice
Egg Roll/Fried Rice	Teriyaki Meatballs/Warm Noodles	Chicken Quesadilla	Stuffed Crust Pizza	Taco Tator Tot Hot Dish
Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches	Grab 'n Go Salads & Sandwiches
Hummus	Green Beans	Refried Beans	Roasted Cauli/Broccoli	Fresh Salsa
Fresh Veggies		Mashed Potatoes/Corn		Apple Sweet Potato Bake
		Fresh Salsa/Toppings		Fruit Toppings

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 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.



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

WHS

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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