
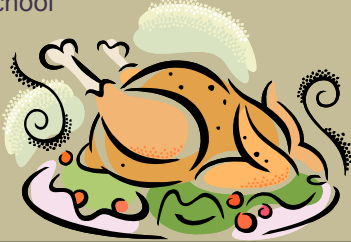


Fresh MN Milk, and a HUGE Assortment of: Fruits, Vegetables and Salads are offered with every meal!

f Café #110 November GF Lunch Menu Clearwater

F5	Monday 31-Oct	Tuesday 1-Nov	Wednesday 2-Nov	Thursday 3-Nov	Friday 4-Nov
	GF Chicken Strips Personal Pizza	GF Hot Ham & Cheese Baked Beans	GF Spaghetti & Meat Sauce	Beef Stew Stuffed Baked Potatoes	GF Walking Taco & Spanish Rice
	Carrots	Ranch Potato Wedges	Coleslaw Corn	Broccoli	Santa Fe Vegetables Asparagus
F1	Monday 7-Nov	Tuesday 8-Nov	Wednesday 9-Nov	Thursday 10-Nov	Friday 11-Nov
	GF Chicken Nuggets GF Pizza	GF Turkey Gravy	Hamburger	Hamburger Wild Rice Hot Dish	Chicken Fettuccini Alfredo & Garlic Bread
	Broccoli	Green Beans Mashed Potatoes Cranberries	Baked Beans Sandwich Toppings	Hummus Roasted Carrots Brussels Sprouts	Edamame Caesar Salad
F2	Monday 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov
	GF Turkey Burger GF Brat on a Bun	GF Chicken Ranch Wrap	GF French Toast & Sausage Links GF Pancakes & Sausage Links	GF Chicken Noodle Soup GF Broccoli & Cheese Soup	GF Tacos
	Black Bean Salsa & Chips Baked Beans	Scalloped Potatoes Rstd Baby Carrots	Zucchini Scramble Squash Bake	Hummus Fresh Veggies	Red Beans Santa Fe Vegetables
F3	Monday 21-Nov	Tuesday 22-Nov	Wednesday 23-Nov	Thursday 24-Nov	Friday 25-Nov
	In-service Day No School 	Teacher Work Day No School	Teacher Flex Day No School	Thanksgiving Holiday No School 	
F4	Monday 28-Nov	Tuesday 29-Nov	Wednesday 30-Nov	Thursday 1-Dec	Friday 2-Dec
	GF Chicken Nuggets GF Pizza	GF Chicken Chow Mein & Brown Rice	GF Sloppy Joe Sandwich GF Grilled Chicken Sandwich	GF Tater Tot HD & Dinner Roll	GF Philly Steak Wrap GF Chicken Fajita & Rice Pilaf
	Broccoli Peas	Teriyaki Zucchini	Baked Beans Sweet Potato Fries	Hummus Broccoli	Asparagus Fresh Toppings

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 or 952-856-4512.

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.



November Farm to School Produce: Kale, Romaine, Honey, Parsley, Leeks, Winter Squash, Pumpkins, Eggs, Cabbage, Apples, Pears, Potatoes, Onions, & Swiss Chard!

Café #110 November 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