

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




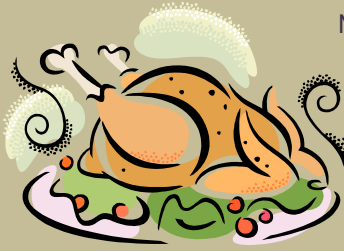
# Café #110 November Lunch Menu

# Southview

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			std Ppr Hummus & Carrot Coir	
Oven Fries	Whole Kernel Corn Mashed Potatoes	Honey Glazed Carrot Coins Caesar Salad	Fresh Garden Salad	Roasted Sweet Potatoes Hash browns
Birthday Cake				

F1 Monday 7-Nov	Tuesday 8-Nov	Wednesday 9-Nov	Thursday 10-Nov	Friday 11-Nov
Baked Chicken Strips, Fresh Baked Dinner Roll	Sloppy Joe	3 Cheese Ravioli	Cheese Pizza	Carnitas Pork Soft Shell Taco
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
BBQ Baked Beans			Hummus & Veggies	
Whole Kernel Corn	Coleslaw Fresh Garden Salad	Green Beans Caesar Salad	Fresh Graden Salad Peach Crisp	Shredded lettuce Broccoli

F2 Monday 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov
Chicken Nuggets	Barbacoa Beef Nachos	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 Roasted Sweet Potatoes	Layered Bean Dip & Chips Vegetable Toppings	Garli Roasted Cauliflower Caesar Salad Mini Cookie Bar	Hummus & Veggie Fresh Garden Salad	Sweet Potato Tots Cucumber Slices

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
Pizza	Shrimp Poppers & Pasta	Chicken Caesar Salad & Breadstick	Super Beef & BB Nachos	Cinnamon Swirl French Toast & Sausage Links
PBJ Sandwich	Bosco Stick & Marinara Sauce	Sliced Turkey on Croissant	Muffin & Yogurt	Meat, Cheese & Cracker Plate
Honey Glazed Carrots Green Beans	Asparagus Tips Fresh Garden Salad	Green Beans Caesar Salad Birthday Cake	Hummus & Veggie Shredded Lettuce	Roasted Brussels Sprouts Tater Tots

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

Café #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.



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

**Café #110 November 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