


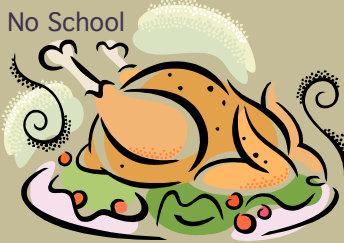

Fresh MN Milk, and a HUGE Assortment of: Fruits, Vegetables and Salads are offered with

Café #1 10 November Lunch Menu **WHS**

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		Refried Beans		
Fresh Veggies	Green Beans	Mashed Potatoes/Corn Fresh Salsa/Toppings	Roasted Cauli/Broccoli	Fresh Salsa Apple Sweet Potato Bake Fruit Toppings

F1 Monday 7-Nov	Tuesday 8-Nov	Wednesday 9-Nov	Thursday 10-Nov	Friday 11-Nov
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				
Waffle Fries	Jo Jo Potatoes Fresh Veggie Toppings	Green Beans	Wildcat Slaw Ranch Mashed Potatoes	Broc & Cauli Salad Green & Red Peppers Apple Crisp

F2 Monday 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov
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				
Hash Brown Potato Corn	Roasted Carrots Peppers/Onion/Mush	Steamed Broccoli	Calf Medley	Refried Beans Mashed Potatoes Corn

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		Thanksgiving Holiday No School
				
 <p>Items listed in this blue color box are available as meat free meal options. Ask.</p>				

F4 Monday 28-Nov	Tuesday 29-Nov	Wednesday 30-Nov	Thursday 1-Dec	Friday 2-Dec
Chicken Fettuccini Alfredo/Garlic Toast	Cinn. French Toast/Sausage	Breaded Pork Steak, Dinner Roll	BBQ Pulled Pork/Bun	Corn Dog
Pizza	Beef Nacho Bake	Breaded Pork Steak, Dinner Roll	Gyro	Cheese Garlic Bread/Marinara Cup
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
Green Beans	Roasted Sweet Potato Steamed Carrots Fruit Toppings	Mashed Potatoes & Gravy Corn	Fresh Veggie Toppings Coleslaw	Roasted Vegetables Jo Jo Potato

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

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.



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

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.