



2017-2018

# CAFÉ LUNCH MENU

W.g. Grinders Cafeteria

## WEEK ONE

Sept. 11th-15th  
Oct. 16<sup>th</sup> – 20th  
Nov. 20<sup>th</sup>-24th  
Dec. 25<sup>th</sup> – 29<sup>th</sup>  
Jan. 29<sup>th</sup> – Feb 2<sup>nd</sup>  
Mar. 5<sup>th</sup> – 9<sup>th</sup>  
Apr. 9<sup>th</sup> – 13<sup>th</sup>  
May 14<sup>th</sup> – 18<sup>th</sup>

### MONDAY

#### Pick 1 Entrée

Chicken Nuggets  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Sweet Potato Puffs  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Glazed French toast w/  
Sausage Link  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Hashbrown Starz  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Mac & Cheese w/ Roll  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Mixed Veggies  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Taco w/ Chips & Rice  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Refried Beans  
Fresh Veggie  
Fruit

### FRIDAY

#### Pick 1 Entrée

Stuffed Crust Pizza  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Dark Green Salad  
Fresh Veggie  
Fruit

## WEEK TWO

Aug. 14<sup>th</sup>-18<sup>th</sup>  
Sept. 18<sup>th</sup>-22<sup>nd</sup>  
Oct. 23<sup>rd</sup> – 27<sup>th</sup>  
Nov. 27<sup>th</sup> – Dec 1<sup>st</sup>  
Jan. 1<sup>st</sup> – 5<sup>th</sup>  
Feb. 5<sup>th</sup>-9<sup>th</sup>  
Mar. 12<sup>th</sup> – 16<sup>th</sup>  
Apr. 16<sup>th</sup>-20<sup>th</sup>  
May 21<sup>st</sup> – 25<sup>th</sup>

### MONDAY

#### Pick 1 Entrée

Mashed Potato Bowl  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Mashed Potatoes w/ Gravy  
Corn  
Fruit

### TUESDAY

#### Pick 1 Entrée

Cheeseburger  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Sweet Potato Fries  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Hot Dog  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Baked Beans  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Beef Pasta  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Peas  
Fresh Veggie  
Fruit

### FRIDAY

#### Pick 1 Entrée

Pepperoni Pizza  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Dark Green Salad  
Fresh Veggie  
Fruit

## WEEK THREE

Aug. 21<sup>st</sup>-25<sup>th</sup>  
Sept. 25<sup>th</sup>-29<sup>th</sup>  
Oct 30<sup>th</sup> – Nov 3<sup>rd</sup>  
Dec. 4<sup>th</sup> – 8<sup>th</sup>  
Jan. 8<sup>th</sup> – 12<sup>th</sup>  
Feb. 12<sup>th</sup>- 16<sup>th</sup>  
Mar. 19<sup>th</sup> -23<sup>rd</sup>  
Apr. 23<sup>rd</sup>-27<sup>th</sup>  
May 28<sup>th</sup>- June 1

### MONDAY

#### Pick 1 Entrée

Chicken Nuggets  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Parisian Carrots  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Wacky Waffle w/ Eggs  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Tator Tots  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Corn Dog  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Edamame  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Soft Taco w/ Pretzel  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Black Beans  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Pizza Bosco Stick  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Cauliflower  
Fresh Veggies  
Fruit

## WEEK FOUR

Aug. 28<sup>th</sup>- Sept 1<sup>st</sup>  
Oct. 2<sup>nd</sup>- 6<sup>th</sup>  
Nov. 6<sup>th</sup> – 10<sup>th</sup>  
Dec. 11<sup>th</sup>-15<sup>th</sup>  
Jan. 16<sup>th</sup>-19<sup>th</sup>  
Feb. 19<sup>th</sup> – 23<sup>rd</sup>  
Mar. 26<sup>th</sup> -30<sup>th</sup>  
Apr 30 – May 4<sup>th</sup>  
May 1<sup>st</sup>-5<sup>th</sup>  
June 4<sup>th</sup> – 8<sup>th</sup>

### MONDAY

#### Pick 1 Entrée

Grilled Nuggets  
Rice Pilaf  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Green Beans  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Chicken Quesadilla  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Ranch Garbanzo Beans  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Bosco Sticks w/ Sauce  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Carrots  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Lasagna Roll Up  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Peas  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Big Daddy Pizza  
Turkey/Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Dark Green Salad  
Fresh Veggies  
Fruit

## WEEK FIVE

Sept. 4<sup>th</sup> – 8<sup>th</sup>  
Oct. 9<sup>th</sup> – 13<sup>th</sup>  
Nov. 13<sup>th</sup> – 17<sup>th</sup>  
Dec. 18<sup>th</sup>- 22<sup>nd</sup>  
Jan 22<sup>nd</sup>-26<sup>th</sup>  
Feb 26- Mar 2<sup>nd</sup>  
Apr. 2<sup>nd</sup> – 6<sup>th</sup>  
May 7<sup>th</sup> – 11<sup>th</sup>

### MONDAY

#### Pick 1 Entrée

Crispy Chicken/ Bun  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Fries  
Fresh Veggies  
Fruit

### TUESDAY

#### Pick 1 Entrée

Orange Chicken  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Broccoli  
Fresh Veggies  
Fruit

### WEDNESDAY

#### Pick 1 Entrée

Toasted Cheese  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Carrots  
Fresh Veggies  
Fruit

### THURSDAY

#### Pick 1 Entrée

Turkey/Bacon/Cheese  
Sandwich  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Baked Beans  
Fresh Veggies  
Fruit

### FRIDAY

#### Pick 1 Entrée

Personal Pan Pizza  
Turkey/ Cheese Wrap  
Peanut Butter & Jelly  
Boxed Salad

#### Pick 2 or 3

Corn  
Fresh Veggies  
Fruit

Milk (Fat Free Flavored and Unflavored and 1% Unflavored)

A variety of condiments will be served daily.

**WE CAN NOT GUARANTEE OUR FOOD DOES NOT CONTAIN POTENTIAL ALLERGENS NOT LISTED ON THE FOOD LABELS, OR MADE IN A NUT FACILITY**

#### Assorted Fruit Options

Diced Pineapple, Diced Peaches, Diced Pears, Mixed Fruit, Mandarin Oranges, Applesauce, Orange Slices, Banana, Apple, Pear, Grapes, Strawberries, Fruit cups and Orange Juice (once a week)

## THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

#### Daily Breakfast Options

Choice 1 – Powdered Star, Super Donut, Waffle, Muffins, Bagel and Cream Cheese, Cereal Bar, Granola Bar or Cereal

Choice 2 – Yogurt, Cheese Stick, Scooby Snacks, Bug Bites, Peanut Butter Cups or Animal Crackers

Choice 3 – Assorted Fruit

Choice 4 – 1% White Milk, Fat Free White Milk,

Students must take