



CARDINAL CAFE WEEKLY MENU



Nutrition Facts: **Asparagus** is an excellent source of Vitamin K, and a good source of Vitamin A and can be eaten raw, steamed, sauteed, grilled, and roasted!

BREAKFAST

LUNCH

Mon. May 6, 2024

Sausage Gravy over Biscuits
Donut or Pastry
Cereal/Granola Bar/Yogurt
Fruit &/Or Juice

Tues. May 7, 2024

District Track - Elementary Has School

Chef's Choice
Cereal/Granola Bar/Yogurt
Fruit &/Or Juice

Wed. May 8, 2024 (starts @ 8:30)

Cinnamon Roll or Caramel Roll
Cereal/Granola Bar/Yogurt
Fruit &/Or Juice

Thurs. May 9, 2024

Sandwich of Chef's Choice
Donut/Pastry
Cereal/Granola Bar/Yogurt
Fruit/Juice/Milk

Fri. May 10, 2024

Chef's Choice
Cinnamon Roll
Cereal/Granola Bar/Yogurt
Fruit/Juice/Milk

Seniors Last Day

Mon. May 6, 2024

A. **CHICKEN FAJITA ON TORTILLA**
B. **GRAB'N'GO CHOICES AVAILABLE**
SHREDDED LETTUCE/TOMATO DICED/PEPPERS
ONIONS/BLACK BEAN SALSA/SALSA
SOUR CREAM/CHEDDAR CHEESE
FRUIT CHOICE
MONSTER COOKIE

Tues. May 7, 2024

CHICKEN NUGGETS/
HOT VEGGIE
BABY CARROTS
CHOICE OF FRUIT

Wed. May 8, 2024

A. **HAMBURGER ON A BUN**
B. **GRAB'N'GO CHOICES AVAILABLE**
POTATO FRIES
LEAF LETTUCE/TOMATO/ONION/PICKLES
ROMAINE CAESAR SALAD
TROPICAL FRUIT

Thurs. May 9, 2024

A. **HAM + CHEESE ZOMBIE**
B. **YOGURT PARFAIT**
HOT VEGETABLE
FRESH VEGGIES
SLICED PEARS

Fri. May 10, 2024

A. **STUFFED CRUST PIZZA**
B. **GRAB'N'GO CHOICES AVAILABLE**
GLAZED CARROTS + LETTUCE SALAD
ROSY APPLESAUCE
PEANUT BUTTERFINGER BAR



Vending Available 24/7

Each Meal Includes Choice of Milk. Water available daily.

This institution is an equal opportunity employer and provider.

Menu is subject to change based on shortages / seasonal availability.

