



**Regular Lunch Price**  
**\$2.75**

Lunch includes one Entrée, Fruit & Vegetable choices, & choice of Milk variety.

**Add'l Daily Entrées:**

- Assorted Cold Sandwiches: Turkey, Ham & Salad (Chicken/Tuna/Egg) PBJ Uncrustable
- Hummus w/Pita & Carrots
- Yogurt/Cheese Stick/Cin Twirl
- Deli Combo Pack

**Slider & Salad Lunch**  
**\$3.25**

- Assorted Slider Sandwiches: Chicken Parmesan, Bacon Burger, Bacon/Cheese Chicken, Spicy Chicken
- Assorted Salad w/ Wheat Roll

**Soup'r Deli Lunch Combo**  
**\$5.00**

- Deli Sandwich & 8 oz Soup

**Pizza Lunch**  
**\$2.75**

**Daily Milk Selections:**  
1% White, Non-Fat White, Non-Fat Chocolate & Non-Fat Strawberry  
Milk Only—\$.60  
Bottled Water—\$.60

**Online Payments at**  
[www.schoolcafe.com](http://www.schoolcafe.com)

**Please see next menu page for more details!**

**Apply for Free/Reduced Priced Meals at:**  
[www.schoolcafecom](http://www.schoolcafecom)

<p><b>1</b></p> <p><b>Entrees</b> Breaded Chicken Patty on Bun Black Bean Taco</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fiesta Bean Salad</p> <p><b>Daily Milk Selection *</b> Extra: Mini Choc Chip Cookies</p>	<p><b>2</b></p> <p><b>Entrees</b> Cheese/Hamburger on Bun Baked Pasta</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Tomato Slices Bean Chili</p> <p><b>Daily Milk Selection *</b></p>	<p><b>3</b></p> <p><b>Entrees</b> Roasted Turkey Sandwich Bean Burrito</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Tomato Soup Mashed Potatoes</p> <p><b>Daily Milk Selection *</b></p>	<p><b>4</b></p> <p><b>Entrees</b> Cheese Steak Sandwich Pancakes w/Egg Omelet</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Celery Sticks Hash Brown Potato</p> <p><b>Daily Milk Selection *</b></p>	<p><b>5</b></p> <p><b>Entrees</b> Swt/Sour Chicken w/Rice/Roll Fish w/Veggie Lo Mein</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fresh Baby Carrots</p> <p><b>Daily Milk Selection *</b> Extra: Rice Krispie Treat</p>
<p><b>8</b></p> <p><b>Columbus Day</b></p>	<p><b>9</b></p> <p><b>Entrees</b> Pulled Pork Sandwich Lasagna Rollup</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices</p> <p><b>Daily Milk Selection *</b></p>	<p><b>10</b></p> <p><b>Entrees</b> Buffalo Chicken Sandwich Grilled Cheese Sandwich</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Tomato Soup</p> <p><b>Daily Milk Selection *</b></p>	<p><b>11</b></p> <p><b>Entrees</b> Pasta and Meatballs Broccoli Alfredo Flatbread</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Steamed Broccoli</p> <p><b>Daily Milk Selection *</b></p>	<p><b>12</b></p> <p><b>Entrees</b> Chicken Tenders w/Biscuit Fish Sticks w/Biscuit</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad French Fries Fresh Baby Carrots</p> <p><b>Daily Milk Selection *</b></p>
<p><b>15</b></p> <p><b>Entrees</b> Chicken Parm w/Pasta Baked Potato w/Cheese &amp; Roll</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fresh Baby Carrots</p> <p><b>Daily Milk Selection *</b> Extra: Granola Bar</p>	<p><b>16</b></p> <p><b>Entrees</b> Sloppy Joe on Bun Cinnamon French Toast</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Celery Sticks Hash Brown Potato</p> <p><b>Daily Milk Selection *</b></p>	<p><b>17</b></p> <p><b>Entrees</b> Pork Rib B Que on Bun Macaroni &amp; Cheese w/TX Toast</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Stewed Tomatoes</p> <p><b>Daily Milk Selection *</b></p>	<p><b>18</b></p> <p><b>Entrees</b> Beef Nachos Tortilla Chips w/Cheese</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Refried Beans Diced Tomato, Salsa</p> <p><b>Daily Milk Selection *</b></p>	<p><b>19</b></p> <p><b>Entrees</b> Bosco Sticks/Marinara Sea Wonders w/ Roll</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices</p> <p><b>Daily Milk Selection *</b> Extra: Fun Size Pretzels</p>
<p><b>22</b></p> <p><b>Entrees</b> Breaded Chicken Patty on Bun Black Bean Taco</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fiesta Bean Salad</p> <p><b>Daily Milk Selection *</b> Extra: Mini Choc Chip Cookies</p>	<p><b>23</b></p> <p><b>Entrees</b> Cheese/Hamburger on Bun Baked Pasta</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Tomato Slices Bean Chili</p> <p><b>Daily Milk Selection *</b></p>	<p><b>24</b></p> <p><b>DOMINIO'S PIZZA DAY!!</b></p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Tomato Soup Fresh Cucumber Slices</p> <p><b>Daily Milk Selection *</b></p>	<p><b>25</b></p> <p><b>Entrees</b> Cheese Steak Sandwich Pancakes w/Egg Omelet</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Celery Sticks Hash Brown Potato</p> <p><b>Daily Milk Selection *</b></p>	<p><b>26</b></p> <p><b>PARENT VISITATION!</b></p> <p><b>Entrees</b> Swt/Sour Chicken w/Rice/Roll Fish Fillet w/Veggie Rice/Roll</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fresh Baby Carrots</p> <p><b>Daily Milk Selection *</b> Extra: Rice Krispie Treat</p>
<p><b>29</b></p> <p><b>Entrees</b> Hot Dog on Bun Mozzarella Sticks, Roll, Marinara</p> <p><b>Sides</b> Fruit Variety Baked Beans Sweet Potato Puffs</p> <p><b>Daily Milk Selection *</b></p>	<p><b>30</b></p> <p><b>Entrees</b> Chicken Smackers/Pretzel Bites Veggie Flatbread</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fiesta Bean Salad</p> <p><b>Daily Milk Selection *</b></p>	<p><b>31</b></p> <p><b>HAPPY HALLOWEEN!</b></p> <p><b>Entrees</b> Hot Hammie on Pretzel Roll Egg/Cheese Breakfast Sandwich</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Potato Smiles Steamed Broccoli</p> <p><b>Daily Milk Selection *</b> Extra: Pumpkin Pretzel</p>	<p><b>1</b></p> <p><b>Entrees</b> Meatball Sandwich Grilled Cheese Sandwich</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Tomato Soup</p> <p><b>Daily Milk Selection *</b></p>	<p><b>2</b></p> <p><b>Entrees</b> BBQ Grilled Chicken Sandwich Stuffed Shells w/Garlic Toast</p> <p><b>Sides</b> Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Steamed Corn</p> <p><b>Daily Milk Selection *</b></p>

## MIDDLE SCHOOL BREAKFAST PROGRAM

Don't skip that morning meal! Studies have shown that children who eat a nutritious breakfast are more attentive in class, score higher on standardized tests, and are healthier than those children who do not eat breakfast. With today's busy schedules, many families do not have time to fit a balanced meal into their morning schedules. The School Breakfast Program is available for children to get their day started with a nutritious meal that parents can feel good about. The kids like it because they can enjoy breakfast with friends while enjoying those few extra minutes of sleep in the morning before the bus.

Breakfast is \$2.00 for the meal. It includes: Entrée, Fruit and Milk Variety. Students can choose from the following breakfast items to make up a meal package:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b><u>Entrées:</u></b> <b>Omelet/Bagel</b> Muffin Cereal Yogurt  Fruit Variety Milk Variety	<b><u>Entrées:</u></b> <b>French Toast Sticks</b> Muffin Cereal Yogurt  Fruit Variety Milk Variety	<b><u>Entrées:</u></b> <b>Breakfast Pizza</b> Muffin Cereal Yogurt  Fruit Variety Milk Variety	<b><u>Entrées:</u></b> <b>Pancakes</b> Muffin Cereal Yogurt  Fruit Variety Milk Variety	<b><u>Entrées:</u></b> <b>Waffle</b> Muffin Cereal Yogurt  Fruit Variety Milk Variety



## STUDENT ACCOUNT INFORMATION

To make a prepayment to your child's lunch account, please send in cash or a check payable to "UCF Cafeteria." Indicate the teacher and the full name of the student along with the Student ID number in the memo if you have it.

As we move forward to allow parents the ability to view nutritional/allergen information online, we have changed our online service provider. This year SchoolCafé replaces MySchoolBucks. SchoolCafé is an online payment service that provides a quick and easy way to add money to your student's account using credit/debit card or electronic check. You can even view recent purchases, check balances and set up low balance alerts for free! Create your account today by going to [www.SchoolCafe.com](http://www.SchoolCafe.com) and register for a free account. If you had an account with MySchoolBucks, you will have to re-register at [www.schoolcafe.com](http://www.schoolcafe.com). If you have additional questions, feel free to contact the Food Service Office at 610-347-0970 ext 3334.