

ISL CAFE



November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
 <p>-1- Biscuit, Sliced Ham, Fresh Fruit</p> <p>-----</p> <p>Tuna Salad Fresh Celery & Baby Carrots Fresh Fruit Assorted Crackers Pudding Cup</p> <p>Vegetarian: Cheese Quesadillas</p>	<p>-2- Assorted Cereal, Cinnamon Raisin Toast, Fresh Fruit</p> <p>-----International Cuisine-----</p> <p>Jamaican Jerk Chicken Jamaican Rice & Peas Cabbage Salad Plantains Cornbread</p> <p>Vegetarian: Jamaican Rice & Peas</p>	<p>-3- Hashbrowns, Fresh Fruit Turkey Sausage Patties</p> <p>-----</p> <p>Macaroni & Cheese Casserole Steamed Mustard Greens Fresh Fruit Salad Soft Wheat Roll</p> <p>Vegetarian: Macaroni & Cheese</p>	<p>-4- French Toast Sticks, Fruit Scrambled Egg Patties</p> <p>-----</p> <p>Sausage Pizza Steamed whole kernel Corn Fresh Romaine Salad Fresh Fruit</p> <p>Vegetarian: Cheese Pizza</p>	<p>Student Meal Prices</p> <p>Breakfast Full \$1.50 Reduced \$0.30</p> <p>Lunch Full \$2.10 Reduced \$0.40</p>	
<p>-7- Wheat Belgium Waffles Turkey Sausage, Fresh Fruit</p> <p>-----</p> <p>Black eyed peas Steamed Rice Fresh Spinach Salad Chilled Mixed Fruit Cornbread</p> <p>Vegetarian: Vegetarian Black eyed peas</p>	<p>-8- Assorted Cereal, Graham Crackers, Fresh Fruit</p> <p>-----</p> <p>Chicken Fajitas Mexicali Corn Tropical Fruit Mix Gelatin Cup</p> <p>Vegetarian: Vegetable Fajitas</p>	<p>-9- Breakfast Burrito w/ Salsa Fresh Fruit</p> <p>-----</p> <p>Meat sauce Wheat Spaghetti Steamed Green Peas Fresh Fruit Salad Soft wheat roll</p> <p>Vegetarian: Wheat Spaghetti Casserole</p>	<p>-10- Pancake Bites Fresh Fruit</p> <p>-----</p> <p>Baked Chicken Nuggets Scalloped Potatoes Fresh Garden Salad Chilled Mandarin Slices Soft Wheat Roll</p> <p>Vegetarian: Scalloped Potatoes</p>	<p>-11- Cheese Omelet Wheat Toast, Fresh Fruit</p> <p>-----</p> <p>Ham & Cheese Melt Sweet Potato Fries Fresh Broccoli/Carrots Ranch Dip, Fresh Fruit</p> <p>Vegetarian: Cheese Melt</p>	<p>Join the</p> <p>ISL Café</p> <p>Breakfast</p> <p>Club</p> <p>Breakfast 7:30 am - 7:55 am</p>
<p>-14- Croissant, Sausage, Fruit</p> <p>-----</p> <p>Macaroni & Cheese w/ Diced Ham Corn - Green Bean Casserole Chilled Pear Halves Soft Wheat Roll</p> <p>Vegetarian Macaroni & Cheese</p>	<p>-15- Grits, Turkey Sausage Patties Fresh Fruit</p> <p>-----</p> <p>Chicken Salad Fresh Spinach Salad Fresh Fruit Assorted Crackers Gelatin</p> <p>Vegetarian: Cheese Quesadillas</p>	<p>-16- Pancakes Sausage, Fresh Fruit</p> <p>-----</p> <p>Pork Roast Cornbread stuffing Green Peas, Cranberry Sauce Sweet Potato Pie Soft Wheat Roll</p> <p>Vegetarian: Vegetable Rice</p>	<p>-17- Assorted Cereal, Fruit Cinnamon Raisin Toast</p> <p>-----Tray-less Thursday-----</p> <p>Grilled Chicken Mini Sub Lettuce/Tomato/Pickles Baked Tater Tots Fresh Fruit</p> <p>Vegetarian: Vegetable Mini Sub</p>	<p>-18- Warm Biscuits Sausage, Fresh Fruit</p> <p>-----</p> <p>Chili con Carne with Beans Supreme Mashed Potatoes Chilled Mixed Fruit Assorted Crackers</p> <p>Vegetarian: Vegetarian Chili</p>	<p>Menu is subject to change due to availability of foods and special events.</p>
<p>-21- Assorted Muffins Scrambled Eggs, Fresh Fruit</p> <p>-----</p> <p>Navy Beans Steamed Brown Rice Fresh Caesar Salad Baked Apples, Cornbread</p> <p>Vegetarian: Vegetarian Navy Beans</p>	<p>-22- French Toast Sticks Turkey Sausage Patties, Fresh fruit</p> <p>-----</p> <p>Hot dog on bun Baked Beans Fresh Garden Salad Fresh Fruit</p> <p>Vegetarian: Garden Burger</p>	<p>-23-</p> <p>Thanksgiving Break (School Closed)</p>	<p>-24-</p> <p>Thanksgiving (School Closed)</p>	<p>-25-</p> <p>Thanksgiving Break (School Closed)</p>	<p>All meals are served with a variety of low fat & fat free milk.</p>
<p>-28- Assorted Cereal Toast, Fresh Fruit</p> <p>-----</p> <p>Pinto Beans, Steamed Rice Fresh Caesar Salad Chilled Diced Peaches, Cornbread</p> <p>Vegetarian: Vegetarian Pinto Beans</p>	<p>-29- Grits Turkey Bacon, Fresh Fruit</p> <p>-----</p> <p>Grilled Cheese Sandwich Fresh Celery/Carrots Ranch Dip Fresh Fruit, Gelatin</p> <p>Vegetarian: Cheese Quesadillas</p>	<p>-30- Warm Biscuits Turkey Sausage Patties, fruit</p> <p>-----</p> <p>Barbecue Chicken Seasoned Yellow Rice Baked Beans, Mixed Fruit Cup Soft Wheat Roll</p> <p>Vegetarian: Yellow Rice w/ Black Beans</p>	<p>-29- Cheese Omelet, Fresh Fruit Cinnamon Raisin Toast</p> <p>-----</p> <p>Baked Breaded Fish Nuggets Macaroni & Cheese Steamed Green Beans Chilled Fruit Cup, Wheat Roll</p> <p>Vegetarian: Vegetable Potato Pie</p>	<p>-30- Wheat Belgium Waffles Sausage Links, Fruit</p> <p>-----</p> <p>Hamburger on Wheat bun Lettuce/Tomato/Pickles Sweet Potato Fries Fresh Fruit</p> <p>Vegetarian: Garden Burger</p>	<p>Vegetarian Meals</p> <p>A specific number of vegetarian meals are prepared daily for students with a vegetarian diet plan.</p>