

# Berkshire BADGER CAFÉ



## GRADES 7-8

Choose an **Entrée** with...  
**1 Fruit and 1 Veggie**

(or Specialty Salad with 1 Fruit)

+ your favorite flavor of  
fat-free **Milk**

► Includes self-serve Side Bar ◀

At least one Fruit or Veggie  
must be included.

**ONLY \$3.25**

## What's for LUNCH!

(ADULT LUNCH MEAL, MILK  
NOT INCLUDED ... \$4.00)

## GRADES 9-12

Choose an **Entrée** with...  
**2 Fruits and 2 Veggies**

(or Specialty Salad with 2 Fruit)

+ your favorite flavor of  
fat-free **Milk**

► Includes self-serve Side Bar ◀

At least one Fruit or Veggie  
must be included.

**ONLY \$3.25**

### MONDAY

#### IN A BOWL

A rotation of all your favorite lunches served in a bowl including these themes with a variety of chicken and beef toppings offered:

- Mashed Potato
- Asian
- Mac and Cheese
- Breakfast Scramble

### TUESDAY

#### MEXICAN

A rotation of your favorite Mexican dishes with all the toppings including:

- Burrito Bowl
- Taco Bar or Nachos (choose from Taco Meat or Chicken Fajita Meat)
- Mexican Pizza
- Quesadillas

### WEDNESDAY

#### PASTA BAR

Make your selection from our "Pasta Bar" featuring:

- Pasta with Meatballs or Meat Sauce
- Chicken Alfredo
- Garlic Bread

### THURSDAY

#### ON A BUN

A rotation of our signature sandwiches all served on a bun including:

- Hot Subs
- Meatball Subs
- Honey Sriracha Chicken Subs
- Italian Sausage Sandwich
- Chicken and Waffles

### FRIDAY

#### FLASHBACK

Take your pick from a rotation of the traditional favorites such as:

- Bosco Sticks
- Grilled Cheese Sandwiches
- Turkey and Gravy over Mashed Potatoes

### DAILY OFFERINGS...

- Big Daddy's Pizza
- Chicken Sandwiches (Regular and Spicy)
- Variety of Wraps (Turkey, Ham, Spicy Chicken, Chicken or Veggie)
- Black Bean Burger (by request)

### FRUIT SIDES...

- Apples, Oranges, Bananas
- Fresh Fruit in season (Melons, Strawberries, Grapes, Pineapple)
- Variety of Canned Fruit (Peaches, Pears, Applesauce, Pineapple, Mandarin Oranges)
- Chilled Juice

### VEGGIE SIDES...

- Hot Veggie rotated daily
- Mini Carrots
- Celery Sticks
- Cucumber Slices
- Side Salad

### SPECIALTY SALADS...

- Spring Mix Salad with lots of Fresh Veggies, sprinkling of Cheese and one of the following: Turkey, Grilled Chicken, Spicy Chicken, Breaded Chicken, Taco Meat

### Want More Nutritional Info?

Nutritional information on all food offered is available at [www.berkshireschools.org](http://www.berkshireschools.org) on the "Nutrition Services Department" page. Per the USDA's Smart Snack Guidelines, not all a la carte items are available to all students. Visit the "Nutrition Services" web page for more information. Money may be applied to a student's account with credit or debit card, online through the Infinite Campus Parent Portal on the District's website.

Please visit ... [schoolmeals.nutrislice.com](http://schoolmeals.nutrislice.com) ... for: Allergen Info • Nutrient Analysis • Carb Counts • Vegetarian Options • Items free of Artificial Colors and Flavors and GMOs • Ohio Proud Items



**Berkshire Local Schools**

Maximizing each student's potential as an individual and as a responsible citizen.

This institution is an equal opportunity provider.

**Nutrition Services**

**2019-2020 School Year**

All prices subject to change 9/19