

# Cardinal Café Crimson Line Menu Grades 3-12

This is a self serve line. Some Equipment may be Hot. Use Caution.



October  
2024



Menu is subject to change.



Low Fat or Non-Fat Chocolate  
& White Milk Offered Daily




All Bread/Breading/  
Pastas are Whole Grain



## Salad Bar Rules

- EVERYONE must take at least 3 food groups. 1 must be a fruit, or vegetable plus at least 2 other food groups. (Milk is a food group)
- If it is falling off the plate-you've taken too much.
- Salad Bar is a 1 time, 1 plate trip. Do Not return to the line.
- NO ITEMS IN POCKETS.
- DO NOT use Fingers
- NEVER taste or put your nose to items at the Salad Bar.
- NO BOOK BAGS OR CHROME BOOKS IN LINE.
- Take your plate to the food, NOT food to the plate
- 1 serving per item – it is NOT all you can eat. 1 scoop=1 serving
- Please KEEP THE SALAD BAR CLEAN
- DO NOT MIX FOOD ITEMS TOGETHER IN THE BAR
- Repeat violators could lose the privilege of using the Salad Bar

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 30 Corn Dog & Salad Bar	1 Breaded Chicken Sandwich & Salad Bar	2 Fiestada Pizza & Salad Bar	3 Glazed Chicken Wings & Salad Bar	4 Turkey/Ham Sandwich Pocket & Salad Bar
7 No School 	8 Chicken Nuggets & Salad Bar	9 Buffalo Chicken Pizza & Salad Bar	10 Cheeseburger & Salad Bar	11 Hot Dog & Salad Bar
14 Chicken Tikka Masala w/Naan Bread & Salad Bar	15 BBQ Rib Sandwich & Salad Bar	16 Pizza Rectangle (cheese) & Salad Bar	17 Dippin Chicken Dippin Sauces & Salad Bar	18 Rotini w/Meat Sauce & Salad Bar
21 Chicken Tenders & Salad Bar	22 Bar BQ Pulled Pork Sandwich & Salad Bar	23 Pepperoni Rippers & Salad Bar	24 Bosco Sticks & Salad Bar	25 No School 
28 Meatloaf Burger & Salad Bar	29 Grilled Cheese & Salad Bar	30 Pizza Rectangle (pepperoni) & Salad Bar	31 Spicy Chicken Tenders & Salad Bar 	Nov. 1 Mikes Cheese Bites & Salad Bar