



# El Mo Cafe & Snack Bar

**El Molino High School Food Services**  
[www.elmolino.org/foodservice](http://www.elmolino.org/foodservice)



For Sonoma County:

February - Beets

March - Cabbage

April - Carrots

May - Strawberries



**El Mo Cafe Will Be Serving the  
Following Produce from Local Farms:**

Three Leaf Farms - *Apples, Lettuce, Cucumbers, Kale,*

*Potatoes, Squash, Sweet Corn, Radishes*

Klopp Ranch: *Bartlett Pears, Asian Pears*

**Build Healthy Bones with Nonfat or  
1% White Milk, or Nonfat Chocolate Milk**

**The U.S.D.A. is an equal opportunity  
provider and employer.**

## FREE/REDUCED MEAL APPLICATIONS

- Apply Online at [www.schoollunchapp.com](http://www.schoollunchapp.com)
- Paper applications available at the El Mo Cafe or at the school office.
- Apply anytime during the school year

**MyNutriKids.com**

## PREPAY ONLINE!

Never worry about carrying cash again. Go to [MyNutriKids.com](http://MyNutriKids.com) to set up your school meal account and prepay online and track your purchases and account balance!! Or prepay with check or cash at the El Mo Cafe. Make checks payable to Food Services.

### Forget your lunch money?

- You may charge up to \$10.00 on your meal account for meals only.
- A la Carte snacks and beverages (items sold individually) cannot be charged.
- All charges must be paid off by the end of each semester.
- Go to [www.elmolino.org/foodservice](http://www.elmolino.org/foodservice) for more information.

**Fuel Up for the Day!**  
*Remember to eat a healthy  
breakfast at the El Mo Cafe or  
Snack Bar*

## Want Fast Service??

The Snack Bar in the cafeteria is now open for brunch & lunch featuring:

- Snacks and Beverages sold individually
- Grab and Go Meals

## A la Carte Menu

*Healthy Snacks & Beverages  
Sold Individually at the Snack Bar*

### Snacks

**50¢:** Large Chocolate Chip or Double Chocolate Cookie, Chex Mix, Corn Nuts, Sunflower Seeds, Cheez-its

#### **50¢ Milk & Cookie Special!!**

Buy a Fresh Baked Cookie (Double Chocolate or Chocolate Chip) for 50¢ – *Get milk free!!*

**75¢:** Push-Up Rainbow Ice Cream, Fudge Bar Ice Cream, Baked Lays Chips, Flamin' Hot Cheetos, Sour Worms, Gummy Bears, Blueberry or Chocolate Chip Muffins, Linda's Brownies

### Beverages

**50¢:** Milk – White or Chocolate

**75¢:** DeJaBlue Water

**\$1.00:** 8 oz Slushies, 8 oz Hot Chocolate or French Vanilla, All Sport,

12 oz Gatorade, Fizz Ed, Snapple Can

**\$1.50:** 12 oz Slushies, 12 oz Hot Chocolate or French Vanilla, 12 oz

Mocha's w/Coffee, 20 oz Gatorade, Talking Rain Sparkling ICE

# EI MO CAFE BRUNCH MENU FOR WINTER 2011

*An assortment of Grab & Go brunch meals will be available daily at the Snack Bar*

**Monday:** Full Breakfast Meal: Waffles, Syrup and Pork Sausage Patty  
Hot Sandwich: Pork Sausage and Cheese on an English Muffin

**Tuesday:** Hot Sandwich: Ham and Cheese on a Croissant

**Wednesday:** Full Breakfast Meal: French Toast and Pork Sausage Links  
Hot Sandwich: Pork Sausage Croissant

**Thursday:** Full Breakfast Meal: Omelet with Pork Sausage or Build Your Own  
Breakfast Burrito Hot Sandwich: Ham and Cheese on a Croissant

**Fridays:** Full Breakfast Meal: Waffles, Strawberries & Whipped Cream  
Hot Sandwich: Pork Sausage on English Muffin

**Offered Daily in Addition to the Brunch Specials, when available:** Breakfast Burrito, UBR's (Ultimate Breakfast Rounds), Kellogg's Pop Tarts, Cini-Minis, Oatmeal, Cereal (2 bowls), Yogurt & Breakfast Bar, Granola Bars, Bagel & Cream Cheese  
Alternate Breakfast Entree: Cereal (2 bowls)

***Try the Full Meal Deal for Only \$1.75!***

## **EI Mo Cafe Brunch Prices**

**Student Brunch..... \$1.75**  
**Reduced Student Brunch..... 30¢**  
**Free Student Brunch.....no charge**  
**Adult Brunch..... \$2.25 plus tax**

**A complete breakfast meal is served at brunch and includes entrée, milk and fruit or fruit juice.**

***Ice water dispenser available in the cafeteria. Help yourself to complimentary ice water.***

*Offer Verses Serve: State and federal guidelines specify what components qualify as a complete lunch. You can take all of the items or mix and match. Ask the cashier if you are not sure what items make a complete meal.*

## *Served Daily in Addition to the Lunch Specials*

*An assortment of Grab & Go lunch meals will be available daily at the Snack Bar*

- **Fresh Salad Bar – Serve Yourself!!**
- **Deli Sandwich Variety (choices could include Turkey & Ham Sub, Turkey Pesto, Turkey or Ham Sandwiches)**
- **Spicy Chicken Sandwich**
- **Smucker's Uncrustables**
- **Cheese or Pepperoni Pizza**
- **Hamburger or Cheeseburger**
- **PB&J Sandwich**

**Alternate Lunch Entree: PB&J Sandwich**

***Try the Full Meal Deal for only \$3.00!!***

### **El Mo Cafe Lunch Prices**

<b>Student Lunch.....</b>	<b>\$3.00</b>
<b>Reduced Student Lunch.....</b>	<b>40¢</b>
<b>Free Student Lunch.....</b>	<b>no charge</b>
<b>Adult Lunch.....</b>	<b>\$3.50 plus tax</b>

**Your Full Meal Lunch Deal Includes an Entrée, Milk, Fruit or Fruit Juice, Side or Side Salad from the Salad Bar. A Mini-Treat is included with each meal. The menu is subject to change.**

***Ice water dispenser available in the cafeteria. Help yourself to complimentary ice water.***

*Offer Verses Serve: State and federal guidelines specify what components qualify as a complete lunch. You can take all of the items or mix and match. Ask the cashier if you are not sure what items make a complete meal.*

# El Mo Cafe

# February 2012

# Winter Menu

18 serving days



## LUNCH SPECIALS

**NEW!!!! Fresh Salad Bar Available Daily!!**

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
<p><b>TUESDAY IS</b> <i>Pizza &amp; Salad Bar Day at the El Mo Cafe</i></p>			<p>1 <b>Lasagna</b> Breadstick, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>2 <b>Parmesan Chicken Sandwich</b> Chips, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>3 <b>Zesty Tamales</b> With Rice, Beans, Serve Yourself Side Salad, Fruit &amp; Treat</p>	
5	<p>6 <b>Nacho Bar</b> Build your killer own nachos with chips, cheese, beef, chili, onions, sour cream, salsa &amp; jalapeños. Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>7 <b>Red Barron French Bread Pizza</b> Cheese &amp; Pepperoni Pizza Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>8 <b>Oven Fried Chicken</b> Mashed potatoes &amp; gravy, seasonal veggie, biscuit, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>9 <b>Barbecue Rib Sandwich</b> Chips, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>10 <b>Mandarin Orange Chicken Over Rice</b> Serve Yourself Side Salad, Fruit &amp; Treat</p>	11
12	<p>13 <b>Soup &amp; Sandwich Bar</b> Choose a sub or grilled cheese sandwich and a seasonal soup, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>14 <i>Happy Valentine's Day</i> ♥♥♥ <b>Big Daddy Pizza</b> Chicken Pesto, Cheese &amp; Pepperoni Pizza Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>15 <b>Spicy Chicken Sandwich</b> Chips, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>16 <b>No School Have fun!</b></p>	<p>17 <b>No School Have fun!</b></p>	18
19	<p>20 <b>No School President's Day</b></p>	<p>21 <b>Big Daddy Pizza</b> Chicken Pesto, Cheese &amp; Pepperoni Pizza Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>22 <b>Baked Ranch Chicken,</b> Mashed potatoes &amp; gravy, seasonal veggie, roll, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>23 <b>49er All Beef Hot Dog</b> w/ all the toppings, chips, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>24 <b>BLT Croissant Sandwich</b> Serve Yourself Side Salad, Fruit &amp; Treat</p>	25
26	<p>27 <b>Taco Bar</b> beef, chicken, cheese, salsa, sour cream, jalapeños, lettuce, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>28 <b>Big Daddy Pizza</b> Chicken Pesto, Cheese &amp; Pepperoni Pizza Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p>29 <b>Meatloaf</b> Mashed potatoes &amp; gravy, seasonal veggie, biscuit, Serve Yourself Side Salad, Fruit &amp; Treat</p>	<p><b>Don't want what's on the menu? Have the Salad Bar!</b> Fresh salad bar available daily. Enjoy a full salad bar meal or a side salad with any entree</p> 		