



# October 2019

**Cafe Hours**  
Monday thru Friday  
10:45 a.m. - 1:15 p.m.

63 E Main St. Mesa. AZ

Menu Subject to Change

Mon	Tue	Wed	Thu	Fri
	<p><b>1</b> <b>Special</b> Teriyaki Chicken White Rice Roasted Broccoli</p> <p><b>Soup</b> Long Soup</p> <p><b>Dessert</b> Apple Crisp</p>	<p><b>2</b> <b>Special</b> Sour Cream Chicken Enchiladas Green Chili Pinto Beans Spanish Rice</p> <p><b>Soup</b> Chicken Tortilla Soup</p> <p><b>Dessert</b> Brownies</p>	<p><b>3</b> <b>Special</b> Baked Chicken Leg Oven Baked Potatoes Roll</p> <p><b>Soup</b> Spicy Corn Chowder</p> <p><b>Dessert</b> Peanut Butter Pie</p>	<p><b>4</b> <b>Special</b> Specialty Pizza Salad Fresh Fruit</p> <p><b>Soup</b> White Cheddar Poblano</p> <p><b>Dessert</b> Chocolate Chip Blondie</p>



<p><b>14</b> <b>Special</b> Chicken Taquitos Spanish Rice Refried Beans</p> <p><b>Soup</b> Minestrone</p> <p><b>Dessert</b> Lemon Bar</p>	<p><b>15</b> <b>Special</b> Orange Chicken White Rice Roasted Broccoli</p> <p><b>Soup</b> Vegetable Soup</p> <p><b>Dessert</b> Coconut Crème Pie</p>	<p><b>16</b> <b>Special</b> Mesa Deluxe Burger Curley Fries Fresh Fruit</p> <p><b>Soup</b> Spicy Sausage &amp; Kale</p> <p><b>Dessert</b> Recess Bars</p>	<p><b>17</b> <b>Special</b> Popcorn Chicken Bowl w/Mashed Potatoes Corn, Gravy &amp; Cheese Dinner Roll</p> <p><b>Soup</b> Broccoli Cheese Soup</p> <p><b>Dessert</b> Carrot Cake</p>	<p><b>18</b> <b>Special</b> Spaghetti w/Cheese Sticks Garlic Knots Green Beans</p> <p><b>Soup</b> Italian Wedding</p> <p><b>Dessert</b> Blueberry Cheese Cake</p>
<p><b>21</b> <b>Special</b> Baked Potato Bar Broccoli Cheese Sauce Corn Muffin</p> <p><b>Soup</b> Chili</p> <p><b>Dessert</b> Fruit Pizza</p>	<p><b>22</b> <b>Special</b> Sweet and Sour Chicken White Rice Roasted Broccoli</p> <p><b>Soup</b> Long Soup</p> <p><b>Dessert</b> Chocolate Crème Pie</p>	<p><b>23</b> <b>Special</b> Green Chili &amp; Chicken on Seeded Bun Potato Salad &amp; Fresh Fruit</p> <p><b>Soup</b> Sacramento Taco Soup</p> <p><b>Dessert</b> Buttermilk Pie</p>	<p><b>24</b> <b>Special</b> Oven Baked Chicken w/ Roll Ranch Potatoes Corn</p> <p><b>Soup</b> Chicken Florentine</p> <p><b>Dessert</b> Brownie w/ Powdered Sugar</p>	<p><b>25</b> <b>Special</b> Enchilada Style Burrito Spanish Rice Spicy Pinto Beans</p> <p><b>Soup</b> Asiago Cheese Soup</p> <p><b>Dessert</b> Pineapple Up-side Down Cake</p>
<p><b>28</b> <b>Special</b> Warm Italian Sub Pasta Salad Baked Chips</p> <p><b>Soup</b> Santa Fe Chicken Soup</p> <p><b>Dessert</b> Cheese Cake Cookie Bar</p>	<p><b>29</b> <b>Special</b> Orange Chicken White Rice Roasted Broccoli</p> <p><b>Soup</b> Hearty Chicken Noodle</p> <p><b>Dessert</b> Chocolate Cake w/ Chocolate Frosting</p>	<p><b>30</b> <b>Special</b> Chicken Philly Curly Fries Macaroni Salad</p> <p><b>Soup</b> Hopi Stew</p> <p><b>Dessert</b> Strawberry Cheesecake</p>	<p><b>31</b> <b>Special</b> Homemade Meatloaf w/Dinner roll Mashed Potatoes &amp; Gravy Corn</p> <p><b>Soup</b> Mushroom Brie</p> <p><b>Dessert</b> Peach Cobbler</p>	<p><b>Pricing</b> **Cash or Check Only**</p> <p><b>Special</b> \$3.00</p> <p><b>Soup</b> Large (16 oz)... \$1.75 Small (12 oz)... \$1.50</p> <p><b>Dessert</b> \$1.25</p>

**MORE OPTIONS**

**Entrée Sandwiches**  
\$3.00

**Monday**  
Turkey Club on 12 Grain

**Tuesday**  
Veggie Wrap

**Wednesday**  
Turkey Cranberry Croissant

**Thursday**  
California Wrap

**Friday**  
Turkey/Ham & American Sub

**Entrée Salads**  
\$3.00

**Monday**  
Mandarin Chicken

**Tuesday**  
Cobb

**Wednesday**  
Strawberry Chicken

**Thursday**  
Quinoa

**Friday**  
Chicken Caesar

**Fit and Fresh**  
\$2.00

**Monday**  
Protein Plate

**Tuesday**  
Cottage Cheese and Fruit

**Wednesday**  
Protein Plate

**Thursday**  
Cottage Cheese and Fruit

**Friday**  
Protein Plate (Tuna)

**Additional Offerings**

**Food**

Garden or Caesar Salad - \$1.75  
Side Salad - \$1.00  
Chips - \$1.00  
Extra Dressing - 25¢

**Desserts**

Lemon Bar - 75¢  
Brownie - 75¢  
Cookies (2) - 75¢

**Beverages**

Canned Soda (12 fl oz) - 50¢  
Lemonade (16 fl oz) - 75¢  
Iced Tea (16 fl oz) - .75¢  
Bottled Water (16.9 fl oz) - .75¢  
Bottled Tea (16.9 fl oz) - \$1.50  
Seltzer Water (16.9 fl oz) - \$.125

This institution is an equal opportunity provider and employer

