

## The Two-Can Cafe

Who Can?? Two-Can!!!

We are committed to providing #2 School with a cafeteria that will help promote Health and Wellness for our entire school community. We will be offering a brand new set of choices for Everyone, to help show that two -can be the healthiest school possible.

Check out what we've got

To offer two!!!



## Sunrise Breakfast



**Offered Daily  
Whole Grain  
Bagels**

**Assorted  
Cereals**

**Fresh Fruit**

**Fruit Juices**

**Assorted Milks**

**See our Daily  
Special Board for  
our  
changing hot  
breakfast**



The Two-Can club is our school communities Health & Wellness club. We will be offering an early morning exercise program, Wellness counseling, educational classes and a health monitoring program. Please contact Mrs. Hepperle to Become a Two-Can Club Member.

**Join the Two-Can Club**



## The Two-Can Cafe

▶ #2 School  
5200 Broadway  
West New York, NJ

Two -Can Do It!!!!

## ▶ **Tito's Trattoria**

Tito's Trattoria will offer a hot meal everyday. This meal will take into account a range of



Tito the Toucan

dietary and Nutritional parameters and will be a healthy, hot and nutritious meal every one can enjoy!!!

Some samples of these meals are:

Spaghetti w/ Meatballs

Baked Chicken w/ Mashed Potatoes

Nacho's

Whole Wheat Pizza w/ a tossed Salad

Twin Tacos w/ Salsa

Arroz Con Pollo

And Much More...



## Rain Forest Ridge

### Salad Station

The Rain Forest Ridge will be made up of two separate food outlets. The first will be our prepared salad area. This area will offer full meal salads with a choice of vegetables and proteins to create the perfect salad for each and every person

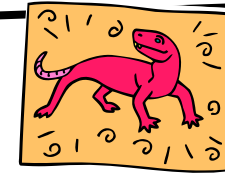


Monkey See  
Monkey Do  
Monkeys Like  
To eat  
Salad Too!!!



### Wrap & Sandwich Station

Our Wrap and Sandwich Station will offer a variety of Wraps and Sandwiches made fresh daily. We will also offer a daily special which will be advertised on our blackboard. If there is something you want, tell us, we'll make it!!!



### Iguana Juana's Snack Shack

Good Snacks are good for you!!!  
Check out our assortment of Fruits, Veggies and Trail Mixes

We also have an assortment of Baked Chips, Pretzels and other healthy snack items.

Come see Juana when you wanna have a snack That tastes great and is good for you!



All of our meals meet the federal requirements for school meals as well as the guidelines set forth by the alliance for a healthier generation. All students may apply for free or reduced meals. Students receiving free lunch qualify to receive free breakfast.