

Cougar Café



2020

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
Apple Cinnamon bar	Apple Cinnamon bar	Apple Cinnamon bar	Apple Cinnamon bar	Apple Cinnamon bar
Bacon Chicken Club Carrots Fruit Milk	Meatball Hoagie Green Beans Fruit Milk	Pancakes Eggs Diced Potatoes Fruit Milk	Walking Tacos Corn Black Beans Fruit Milk	Variety Cheese Pizza Salad Carrot Sticks Fruit Milk
5	6	7	8	9
Chocolate Chip Muffins	Chocolate Chip Muffins	Chocolate Chip Muffins	Chocolate Chip Muffins	Chocolate Chip Muffins
Grilled Cheese Tomato Soup Green Beans Fruit Milk	Salisbury Steak Pasta Carrots Fruit Milk	Taquitos Corn Fruit Milk	Chicken and Waffles Corn Fruit Milk	Stuffed Crust Cheese Pizza Salad Carrot Sticks Fruit Milk
12	13	14	15	16
Bagels	Bagels	Bagels	Bagels	
Mini Turkey Corn Dogs Fritos Green Beans Fruit Milk	Chicken Nuggets Carrots Fruit Milk	Hamburger Fries Fruit Milk	Nachos Broccoli Black Beans Fruit Milk	
19	20	21	22	23
Cinnamon Toast Crunch Breakfast Bar	Cinnamon Toast Crunch Breakfast Bar	Cinnamon Toast Crunch Breakfast Bar	Cinnamon Toast Crunch Breakfast Bar	Cinnamon Toast Crunch Breakfast Bar
Popcorn Chicken Carrots Fruit Milk	Philly Steak and Cheese Onions & Peppers Baked Beans Fruit Milk	Pancakes Eggs Diced Potatoes Fruit Milk	Tacos Corn Black Beans Fruit Milk	Cheese Pizza Salad Carrot Sticks Fruit Milk
26	27	28	29	30
Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts
Spaghetti & Meatballs Carrots Fruit Milk	Chicken Tenders Green Beans Fruit Milk	French Toast Sticks Sausage Links Hash Browns Fruit Milk	3Way Kidney Beans Broccoli Fruit Milk	Cheese Pizza Salad Carrot Sticks Fruit Milk

Breakfast options DAILY include variety of cereal, fruit, milk, and orange juice.

Lunch now includes an alternate main entrée, which is bagel, cream cheese, and cheese stick.

Three components must be taken. One must be a fruit or vegetable

1% or Fat Free white milk is offered with every meal

This organization is an equal opportunity provider and employer.