

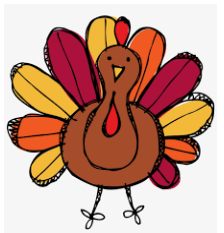


Cougar Café

November

2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Apple Cinnamon Muffin	Apple Cinnamon Muffin	Apple Cinnamon Muffin	Apple Cinnamon Muffin
	Mini Turkey Corn Dogs Fritos Green Beans Fruit	Popcorn Chicken Fries Carrots Fruit	Grilled Cheese Tomato Soup Celery Fruit	Fiestada Pizza Salad Carrot Sticks Fruit
8	9	10	11	12
Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin
Chicken Fingers Fries Green Beans Fruit	Chicken Fajitas Onion/Peppers Corn Fruit	Meatball Hoagie Carrots Fruit	Tacos Corn Black Beans Fruit	Cheese Pizza Salad Carrot Sticks Fruit
15	16	17	18	19
Brown Sugar Poptart	Brown Sugar Poptart	Brown Sugar Poptart	Brown Sugar Poptart	Brown Sugar Poptart
Chicken Nuggets Fries Carrots Fruit	Cheeseburger Baked Beans Fries Fruit	French Toast Sticks Sausage Links Hash Browns Fruit	3Ways Tots Kidney Beans Fruit	Deep Dish Cheese Pizza Salad Carrot Sticks Fruit
22	23	24	25	26
 <p>Wishing Everyone a Safe and Happy Holiday</p> <h2>THANKSGIVING BREAK</h2> 				
29	30	1	2	3
Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar
Mini Turkey Corn Dogs Fritos Celery Fruit	Pancakes Eggs Hash Browns Fruit	Spaghetti & Meatballs Carrots Fruit	Nachos Corn Black Beans Fruit	Pepperoni Pizza Salad Carrot Sticks Fruit

Menu is subject to change due to national food shortages at any given moment.
 Breakfast options DAILY include variety of cereal, fruit, milk, and orange juice.
 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.