




# Cougar Café I have a dream... January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
 				
4	5	6	7	8
VIRTUAL CLASSES				
11	12	13	14	15
Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar	Cocoa Puffs Cereal Bar
Grilled Cheese Tomato Soup Green Beans Fruit Milk	Chicken Tenders Green Beans Fries Fruit Milk	Nachos Corn Black Beans Fruit Milk	Chicken Alfredo Broccoli Carrots Fruit Milk	Cheese Pizza Salad Carrot Sticks Fruit Milk
18	19	20	21	22
	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin
	Taquitos Corn Mexican Rice Fruit Milk	French Toast Sticks Sausage Links Hash Browns Fruit Milk	Tacos Corn Black Beans Fruit Milk	Turkey Pepperoni Pizza Salad Carrot Sticks Fruit Milk
25	26	27	28	29
Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts
Mini Turkey Corn Dogs Green Beans Fritos Fruit Milk	Chicken Nuggets Corns Fries Fruit Milk	Hamburger Carrots Green Beans 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.