

Cougar Café



2020

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
Chocolate Chip Muffins	Chocolate Chip Muffins	Chocolate Chip Muffins	Chocolate Chip Muffins	
Chicken Tenders Green Beans Fruit Milk	Chicken Tenders Green Beans Fruit Milk	Chicken Tenders Green Beans Fruit Milk	Chicken Tenders Green Beans Fruit Milk	
7	8	9	10	11
	Cinnamon Toast Crunch Breakfast Bar	Cinnamon Toast Crunch Breakfast Bar	Cinnamon Toast Crunch Breakfast Bar	Cinnamon Toast Crunch Breakfast Bar
	Taquitos Corn Fruit Milk	Spaghetti & Meatballs Carrots Fruit Milk	Grilled Cheese Tomato Soup Green Beans Fruit Milk	Stuffed Crust Cheese Pizza Salad Carrot Sticks Fruit Milk
14	15	16	17	18
Bagels	Bagels	Bagels	Bagels	Bagels
Mini Turkey Corn Dogs Fritos Corn Fruit Milk	Hamburger Fries Fruit Milk	Chicken Nuggets Carrots Fruit Milk	3Way Kidney Beans Broccoli Fruit Milk	French Bread Cheese Pizza Salad Carrot Sticks Fruit Milk
21	22	23	24	25
Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts	Strawberry Pop-Tarts
Chicken Fingers Carrots Fruit Milk	French Toast Sticks Sausage Links Hash Browns Fruit Milk	Salisbury Steak Pasta Green Beans Fruit Milk	Cheese Coney Tater Tots Corn Fruit Milk	Cheese Pizza Salad Carrot Sticks Fruit Milk
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

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.