

Cougar Café



2021

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Crumb Cake	Crumb Cake	Crumb Cake	Crumb Cake	Crumb Cake
Chicken Tenders Potato Wedges Carrots Fruit	Spaghetti & Meatballs Green Beans Fruit	French Toast Sticks Sausage Links Hash Browns Fruit	Walking Taco Black Beans Corn Fruit	Deep Dish Pepperoni Pizza Salad Carrot Sticks Fruit
11	12	13	14	
Brown Sugar Poptarts	Brown Sugar Poptarts	Brown Sugar Poptarts	Brown Sugar Poptarts	Brown Sugar Poptarts
Meatball Hoagie Carrots Fruit	Cheeseburger Fries Green Beans Fruit	Enchiladas Corn Fried Rice Fruit	Chicken Legs Celery Green Beans Fruit	Pepperoni Pizza Salad Carrot Sticks Fruit
18	19	20	21	22
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
Ravioli Broccoli Carrots Fruit	Chicken Nuggets Mac & Cheese Green Beans Fruit	Salisbury Steak Mashed Potatoes Corn Fruit	Cheese Coney Tater Tots Green Beans Fruit	Taco Quesadillas Salad Carrot Sticks Fruit
25	26	27	28	29
Apple Cinnamon Muffin	Apple Cinnamon Muffin	Apple Cinnamon Muffin	Apple Cinnamon Muffin	Apple Cinnamon Muffin
Mini Turkey Corn Dogs Fritos Green Beans Fruit	Philly Steak and Cheese Onions & Peppers Corn Fruit	Taquitos Refried Beans Rice Fruit	Grilled Cheese Tomato Soup Celery Fruit	Cheese Pizza Salad Carrot Sticks Fruit
November 1	2	3	4	5
	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin
	Spaghetti & Meatballs Green Beans Fruit	Popcorn Chicken Fries Carrots Fruit	Tacos Corn Black Beans Fruit	Fiestada Beef 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.