

Cougar Café



2021

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Blueberry Muffin	Blueberry Muffin	Blueberry Muffin	Blueberry Muffin	Blueberry Muffin
Chicken Tenders Green Beans Fries Fruit Milk	French Toast Sticks Sausage Links Hash Browns Fruit Milk	Mini Turkey Corn Dogs Fritos Carrots Fruit Milk	Cheese Coney Tater Tots Corn Fruit Milk	Turkey Pepperoni Pizza Salad Carrot Sticks Fruit Milk
10	11	12	13	14
Strawberry Poptart	Strawberry Poptart	Strawberry Poptart	Strawberry Poptart	Strawberry Poptart
Grilled Cheese Tomato Soup Corn Fruit Milk	Chicken Nuggets Potato Wedges Carrots Fruit Milk	Spaghetti & Meatballs Green Beans Fruit Milk	Nachos Broccoli Black Beans Fruit Milk	Variety Pizza Salad Carrot Sticks Fruit Milk
17	18	19	20	21
Variety	Variety	Variety	Variety	
Taquitos Corn Mexican Rice Fruit Milk	Salisbury Steak Pasta Broccoli Fruit Milk	Meatball Hoagie Carrots Fruit Milk	BBQ Chicken Legs Green Beans Celery Fruit Milk	
24	25	26	27	28
Variety	Variety	Variety	Variety	Variety
Hamburger Fries Broccoli Fruit Milk	Chicken and Waffles Green Beans Fruit Milk	Philly Steak & Cheese Fries Carrots Fruit Milk	Walking Tacos Corn Black Beans Fruit Milk	Variety Pizza Salad Carrot Sticks Fruit Milk
31	1	2	3 Field Day	
	Variety	Variety		
	French Toast Sticks Sausage Links Hash Browns Fruit Milk	Mini Turkey Corn Dogs Fritos Green Beans Fruit Milk		

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.