


Cougar Café

November

2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Blueberry Muffin	Blueberry Muffin	Blueberry Muffin	Blueberry Muffin	Blueberry Muffin
Taquitos Corn Mexican Rice Fruit Milk	Chicken Nuggets Fries Carrots Fruit Milk	Meatball Hoagie Green Beans Fruit Milk	Walking Tacos Corn Black Beans Fruit Milk	Variety Cheese Pizza Salad Carrot Sticks Fruit Milk
9	10	11	12	13
Bagel	Bagel	Bagel	Bagel	Bagel
Chicken Tenders Fries Green Beans Fruit Milk	Salisbury Steak Pasta Corn Fruit Milk	Spaghetti & Meatballs Carrots Fruit Milk	BBQ Chicken Legs Corn Celery Fruit Milk	Stuffed Crust Cheese Pizza Salad Carrot Sticks Fruit Milk
16	17	18	19	20
Brown Sugar Poptart	Brown Sugar Poptart	Brown Sugar Poptart	Brown Sugar Poptart	Brown Sugar Poptart
Pancakes Eggs Diced Potatoes Fruit Milk	Hamburger Fries Fruit Milk	Mini Turkey Corn Dogs Fritos Celery Fruit Milk	Cheese Coney Tater Tots Corn Fruit Milk	Cheese Pizza Salad Carrot Sticks Fruit Milk
23	24	25	26	27
				
30	1	2	3	4
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	French Toast Sticks Sausage Links Hash Browns Fruit Milk	Chicken Tenders Corn Fries Fruit Milk	Chicken Alfredo Broccoli Carrots Fruit Milk	French Bread Cheese Pizza Salad Carrot Sticks 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.