

# Cougar Cafe

## Breakfast and Lunch Menu April 2010


Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Daily Breakfast</b> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito</p>	<p><b>Daily Breakfast</b> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito</p>	<p><b>Daily Breakfast</b> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito</p>	<p><b>Daily Breakfast</b> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito</p>	<p><b>Daily Breakfast</b> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito</p>
			<p><b>1 Lunch</b> Corn Dogs Orange Jell-o Fresh Fruit</p>	<p><b>2 Lunch</b> Dominos Pizza Day Fresh Broccoli &amp; Carrots Bananas</p>
<p><b>5 Lunch</b> Chicken Patty On a Bun Oven Fries Bananas</p>	<p><b>6 Lunch</b> Taco Snack Refried Beans Oranges</p>	<p><b>7 Lunch</b> Chicken Nuggets Mash Potatoes and Gravy Fresh Fruit</p>	<p><b>8 Lunch</b> Grilled Cheese Refried Beans Sweet Apples</p>	<p><b>9 Lunch</b> Cheese Pizza Carrot-Celery Sticks Fresh Fruit</p>
12	13	14	15	16
<h1>Spring Break</h1>				
<p><b>19 Lunch</b> Mac-Cheese Green Beans Fresh Fruit</p>	<p><b>20 Lunch</b> Mini-Corn Dogs Oven Fries Grapes</p>	<p><b>21 Lunch</b> Chicken Nuggets Mashed Potatoes Fresh Fruit</p>	<p><b>22 Lunch</b> Ravioli Green Beans Raspberry Jell-o</p>	<p><b>23 Lunch</b> Dominos Pizza Day String Beans Carrot Coins</p>
<p><b>26 Lunch</b> Orange Chicken Rice Fresh Broccoli Fresh Fruit</p>	<p><b>27 Lunch</b> Bean and Cheese Burrito Refried Beans Fresh Fruit</p>	<p><b>28 Lunch</b> Chicken Nuggets Oven Fries Fresh Fruit</p>	<p><b>29 Lunch</b> Chalupa Refried Beans Bananas</p>	<p><b>30 Lunch</b> Cheese Pizza Carrot-Celery Sticks Fresh Fruit</p>

### More Choices:

Daily Alternate Choice

Peanut Butter/Jelly

Yogurt with Sunflower Seeds and Fruit

Salad Bar

### Salad Bar

Fresh seasonal fruits and veggies are provided daily in the salad bar

ALL LUNCHES INCLUDE SALAD BAR

Every meal includes a choice of Milk, Chocolate Milk or Vanilla Soy Milk

**Students Lunch Price 2.50**

Menu is subject to change without notice.

# Harvest of the Month

Network for a Healthy California

Botanical name: *Daucus carota*



**CARROTS**  
April

### Cool Carrot Activities

Find all of the meals on the menu with carrots and draw a carrot next to them.

- How many are there?
- How many include raw carrots? How many include cooked carrots?
- Circle all of the meals you want to try.

