

# Cougar Cafe

Breakfast and Lunch Menu

February 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>Happy Winter!</b></p>			
<p><b>1 Lunch</b> Grilled Cheese Baked Beans Fresh Fruit</p>	<p><b>2 Lunch</b> Burrito Cheesy Quesadilla Spanish Rice Fresh Fruit</p>	<p><b>3 Lunch</b> Crispy Chicken Nuggets Mashed Potatoes Fresh Fruit</p>	<p><b>4 Lunch</b> Orange Chicken Steamed Rice Orange Jell-o</p>	<p><b>5 Lunch</b> Domino's Pizza Carrot-Celery Sticks Fresh Fruit</p>
<p><b>8 Lunch</b> Spaghetti and Meatball Roll Fresh Fruit</p>	<p><b>9 Lunch</b> Hot Dog On A Bun Oven Fries Fresh Fruit</p>	<p><b>10 Lunch</b> Crispy Chicken Nuggets Oven Fries Fresh Fruit</p>	<p><b>11 Lunch</b> Corn Dog Oven Fries Fresh Fruit</p>	<p><b>12 Lunch</b> Cheese Pizza Carrot-Celery Sticks Fresh Fruit</p>
<p><b>15 President's Holiday</b></p>	<p><b>16 Lunch</b> Bean and Cheese Burrito Refried Beans Fresh Fruit</p>	<p><b>17 Lunch</b> Crispy Chicken Nuggets Mashed Potatoes Fresh Fruit</p>	<p><b>18 Lunch</b> Cheesy Beef Ravioli Green Beans Fresh Fruit</p>	<p><b>19 Lunch</b> Domino's Pizza Carrot-Celery Sticks Fresh Fruit</p>
<p><b>22 President's Holiday</b></p>	<p><b>23 Lunch</b> Beef Dippers White Rice Fresh Broccoli Fresh Fruit</p>	<p><b>24 Lunch</b> Crispy Chicken Nuggets Tater Tots Fresh Fruit</p>	<p><b>25 Lunch</b> Taco Snack Refried Beans Fresh Fruit</p>	<p><b>26 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

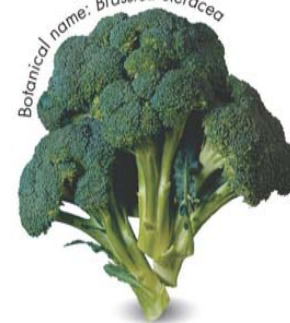
**Lunch Prices:**  
Student 2.50

Menu is subject to change without notice.

## Harvest of the Month

Network for a Healthy California

Botanical name: *Brassica oleracea*



**BROCCOLI**  
February

### Broccoli Activities

Circle all of the meals on the menu that contain broccoli.

- How many meals did you find?
- How many different ways can you think of to eat broccoli?
- How much broccoli do you plan to eat this week?

