

Cougar Cafe

Breakfast and Lunch Menu
JUNE 2010




Monday

Tuesday

Wednesday

Thursday

Friday

<u>Daily Breakfast</u>	<u>Daily Breakfast</u>	<u>Daily Breakfast</u>	<u>Daily Breakfast</u>	<u>Daily Breakfast</u>
Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito
	<u>1 Lunch</u> Mini-Corn Dogs Oven Fries Fresh Fruit	<u>2 Lunch</u> Chicken Nuggets Mashed Potatoes Fresh Fruit	<u>3 Lunch</u> Double Dogs Tater Tots Watermelon	<u>4 Lunch</u> Domino's Pizza Day Carrot Sticks Apples
<u>7 Lunch</u> Grilled Cheese Baked Beans Fruit	<u>8 Lunch</u> Taco Snack Refried Beans Fruit	<u>9 Lunch</u> Chicken Nuggets Oven Fries Pears	<u>10 Lunch</u> Bean & Cheese Burrito Refried Beans Fruit	<u>11 Lunch</u> Pizza Day Carrot & Celery Sticks Apples
<u>14 Lunch</u> Ravioli Green Beans Fresh Fruit	<u>15 Lunch</u> Mac-Cheese Fresh Broccoli Fresh Fruit	<u>16 Lunch</u> Chicken Nuggets Mash Potatos and Gravy Fresh Fruit	<u>17 Lunch</u> Corn Dogs Oven Fries Fresh Fruit	<u>18 Lunch</u> Domino's Pizza Carrot-Celery Sticks Fresh Fruit
<u>21 Lunch</u> COOK'S CHOICE	<u>22 Lunch</u> COOK'S CHOICE	<u>23 Lunch</u> COOK'S CHOICE	<u>24 Lunch</u> COOK'S CHOICE	<u>25</u> 

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 LUNCHESS
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: *Lactuca sativa*



SALAD GREENS
June

Salad Greens Fun

Take a trip to the salad bar.

- How many different types of lettuce did you find?
- What did the different lettuce look like? Was it dark or light green? Curly or flat? Jagged or round edges?
- What is your favorite vegetable at the salad bar? What is your favorite fruit?