

# Cougar Cafe

## Breakfast and Lunch Menu March 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> Baked Chicken Oven Fries Crispy Green Apples</p>	<p><b>2 Lunch</b> Chalupa Refried Beans Orange Jell-o</p>	<p><b>3 Lunch</b> Chicken Nuggets Mashed Potatoes Fresh Pears</p>	<p><b>4 Lunch</b> Mac &amp; Cheese Fresh Broccoli Applesauce</p>	<p><b>5 Lunch</b> Domino's Fresh Spinach Mixed Fruit</p>
<p><b>8 Lunch</b> Orange Chicken White Rice Fresh Fruit</p>	<p><b>9 Lunch</b> Bean and Cheese Burrito Spanish Rice Fresh Fruit</p>	<p><b>10 Lunch</b> Chicken Nuggets Oven Fries Kiwi</p>	<p><b>11 Lunch</b> Make Your Own Taco Refried Beans Fresh Fruit</p> 	<p><b>12</b> Non-Student In-service Day</p>
<p><b>15 Lunch</b> Chicken Patty On A Bun Oven Fries Fresh Fruit</p>	<p><b>16 Lunch</b> Mini-Cheese Burger Tater Tots Fresh Fruit</p>	<p> <b>17 Lunch</b> Chicken Nuggets Mashed Potatoes Bananas</p>	<p><b>18 Lunch</b> Double Dogs Tater Tots Buttery Corn</p>	<p><b>19 Lunch</b> Dominos Pizza Day Gala Apples Carrot Coins</p>
<p><b>22 Lunch</b> Beef Dippers Teriyaki Sauce White Rice Fresh Fruit</p> 	<p><b>23 Lunch</b> Grilled Cheese Oven Fries Fresh Fruit</p>	<p><b>24 Lunch</b> Chicken Nuggets Oven Fries Steamed Spinach</p>	<p><b>25 Lunch</b> Quesadillas Spanish Rice Refried Beans Fresh Fruit</p>	<p><b>26 Lunch</b> Pizza Fresh Fruit</p>
<p><b>29 Lunch</b> Mac and Cheese Spinach Pears</p>	<p><b>30 Lunch</b> Baked Chicken Oven Fries Crispy Green Apples</p>	<p><b>31 Lunch</b> Chicken Nuggets Mash Potatoes 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 Price: 2.50**

Menu is subject to change without notice.

Harvest of the Month  
Network for a Healthy California



Botanical name: *Spinacia oleracea*

**SPINACH**  
March

**Spinach Activities**

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

- How many meals did you find?
- How many different ways is spinach served?
- Does your school salad bar offer spinach?