

Cougar Cafe

Breakfast and Lunch Menu May 2010

Monday

Tuesday

Wednesday

Thursday

Friday

Daily Breakfast
Choice of whole
Grain Cereal, Yogurt,
Muffin, Egg Burrito

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3 Lunch
Hamburger On A
Bun
Oven Fries
Fresh Fruit

4 Lunch
Mac-Cheese
Green Beans
Fresh Fruit

5 Lunch
Chicken Nuggets
Mashed Potatos
Seasonal Fruit

6 Lunch
Bean-Cheese Burrito
Spanish Rice
Fresh Fruit

7 Lunch
Domino's Pizza
Carrot-Celery Sticks
Bananas

10 Lunch
Orange Chicken
White Rice
Green Beans
Fruit

11 Lunch
Mini-Corn Dogs
Tater Tots
Fresh Fruit

12 Lunch
Chicken Nuggets
Oven Fries
Fruit

13 Lunch
Taco Snack
Vegetarian Beans
Sweet Strawberries

14 Lunch
Pizza
Carrot Coins
Fresh Fruit

17 Lunch
Beef Dippers
Cheesy Broccoli
Fruit

18 Lunch
Grilled Cheese
Baked Beans
Fresh Fruit

19 Lunch
Chicken Nuggets
Mashed Potatos
Seasonal Fruit

20 Lunch
Ravioli
Green Beans
Fresh Fruit

21 Lunch
Domino's Pizza
Carrot-Celery Sticks
Fresh Fruit

24 Lunch
Spaghetti-Meatballs
Roll
Fresh Fruit

25 Lunch
Chalupa
Refried Beans
Fruit

26 Lunch
Chicken Nuggets
Oven Fries
Strawberries

27 Lunch
Hamburger on a Bun
Tater Tots
Seasonal Fruit

29 Lunch
Pizza
Carrot Sticks

Lunch Price: 2.50

Menu is subject to change without notice.

Harvest of the Month

Network for a Healthy California



STRAWBERRIES

May

Berry Fun Activities

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

- How many did you find?
- How many strawberries are in the meals served for lunch?
- Are there any other red fruits or vegetables?

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 LUNCHEES INCLUDE SALAD BAR

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

