



# Cougar Cafe

Breakfast and Lunch Menu

November 2009

## 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

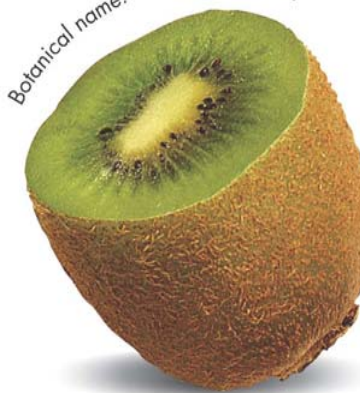
\* Contains peanuts

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Daily Breakfast</u> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	<u>Daily Breakfast</u> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	<u>Daily Breakfast</u> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	<u>Daily Breakfast</u> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	<u>Daily Breakfast</u> Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito
<u>2 Lunch</u> Chalupa Baked Beans Fresh Fruit	<u>3 Lunch</u> Mac-Cheese Green Beans Fresh Fruit	<u>4 Lunch</u> Crispy Chicken Baked Beans Fresh Fruit	<u>5 Lunch</u> Hot Dog On A Bun Baked Beans Fresh fruit	<u>6 Lunch</u> Choice of Cheese or Pepperoni Pizza Fresh Carrot &
<u>9 Lunch</u> Orange Chicken White Rice Green Beans Fresh Fruit	<u>10 Lunch</u> Corn Dog On A Stick Tater Tots Fresh Fruit	<b>Veteran's Day</b>	<u>12 Lunch</u> Taco Snack Refried Beans Fresh Fruit	<u>13 Lunch</u> Domino's Pizza Fresh Carrot & Celery Sticks Fresh Fruit
<u>16 Lunch</u> Mini Cheese Burger Baked Tater tots Fresh Fruit	<u>17 Lunch</u> Beef and Cheese Ravioli Green Beans Fresh Fruit	<u>18 Lunch</u> Crunchy Chicken Nuggets Mash Potatoes and Gravy Fresh Fruit	<u>19 Lunch</u> Turkey Mash Potatoes and Gravy Buttered Corn Fresh Fruit	<u>20 Lunch</u> Choice of Cheese or Pepperoni Pizza Fresh Carrot & Celery Sticks
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Thanksgiving Holidays</b>				
<u>30 Lunch</u> Chicken Patty On A Bun Oven Fries Fresh Fruit	Lunch Prices: Student \$2.50  Menu is subject to change without notice			

# Harvest of the Month

Network for a Healthy California

Botanical name: Actinidia deliciosa



**KIWIFRUIT**  
November

## Cool Kiwi Activities

Count how many meals on the menu have a green fruit or vegetable in them.

- How many did you find?
- How many kiwis did you find?
- What is your favorite green fruit or vegetable?

