


# Cougar Cafe

May

## 2012 Hot Lunch Menu

Please visit our new Elementary Daily Choices Menu for a breakdown of Breakfast Items, Lunch Alternatives and Salad Bar Possibilities.

The Salad Bar, with seasonal fruits and vegetables, is served daily with lunch entrees.

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid green; padding: 5px;"> <p><b>New 2011-2012 Student Prices:</b>  <b>Breakfast \$1.75</b>  <b>Lunch \$3.00</b></p> </div>	<p>1                      Double Dog                      Oven Fries                      Shape Up</p>	<p>2                      Chicken Nuggets                      Sweet Potato Fries                      Wheat Dinner Roll</p>	<p>3                      Beef Chalupa                      Refried Beans                      Corn</p>	<p>4                      Pizza Friday                      Dominos                      Corn                      Shape Up</p>
<p>7                      Sweet &amp; Sour                      Chicken                      Brown Rice                      Corn</p>	<p>8                      Bean &amp; Cheese                      Burrito                      Corn                      Shape Up</p>	<p>9                      Chicken Nuggets                      Onion Battered                      Green Beans                      Wheat Dinner Roll</p>	<p>10                      Mini Cheeseburger                      Oven Fries</p>	<p>11                      School Pizza                      Corn                      Shape Up</p>
<p>14                      Teriyaki Chicken                      Brown Rice                      Corn</p>	<p>15                      Teriyaki Beef Dunker                      Brown Rice                      Corn                      Shape Up</p>	<p>16                      Chicken Nuggets                      Tater Tots                      Wheat Dinner Roll</p>	<p>17                      Chicken Patty                      On a Bun                      Sweet Potato Fries                      Applesauce</p>	<p>18                      Pizza Friday                      Dominos                      Corn                      Shape Up</p>
<p>21                      Kung Pao Chicken                      Brown Rice                      Corn</p>	<p>22                      Max Sticks with                      Marinara Sauce                      Corn                      Shape Up</p>	<p>23                      Chicken Nuggets                      Sweet Potato Fries                      Wheat Dinner Roll</p>	<p>24                      Mini Corn Dogs                      Baked Beans</p>	<p>25                      School Pizza                      Corn                      Shape Up</p>
<p>28                      Memorial Day                      Holiday</p>	<p>29                      Ravioli                      Bread Stick                      Green Beans                      Shape Up</p>	<p>30                      Chicken Nuggets                      Sweet Potato Fries                      Wheat Dinner Roll</p>	<p>31                      Orange Chicken                      Brown Rice                      Corn</p>	

Every meal Includes a choice of:

Milk or Chocolate Milk

### Notice:

The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions

# 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?