



the CougarCafe



Where we feed your body

NOVEMBER 2022

& Jesus feeds your soul

<p>31 Chili w/ Crackers Carrots Clementine Cinnamon Roll</p>	<p>1 Crispitos & Cheese Sauce Spanish Rice Corn Banana Churro</p>	<p>12:15 Dismissal 2 Chicken Patty on WG Bun Romaine, Tomato, Pickle Tater Tots Mixed Fruit</p>	<p>NEW 3 Meatloaf Bread & Butter California Medley Cucumber Applesauce</p>	<p>4 Hot Ham & Cheese Salad Bar Kiwi Cherry Jello TRY-DAY FRIDAY: Pickled Beets</p>
<p>7 Cavatini Garlic Bread Broccoli / Grn. Pepper Peaches Chocolate Pudding</p>	<p>8 Beef Nachos Salsa, Sour Cream, Cheese Sauce Black Beans Romaine Blueberries</p>	<p>9 Scalloped Potatoes & Ham Bread & Butter Roasted Cauliflower Pineapple WACKY WEDNESDAY: Peanut Butter & Honey?!</p>	<p>Family Night 10 Chicken Crunch Dinner Roll Cooked Carrots Cucumber Pears</p>	<p>VETERAN'S DAY 11 Beef & Noodles Bread & Butter Green Beans Red Pepper Mandarin Oranges</p>
<p>14 Chicken Parmesan Buttered Noodles Romaine Salad Tomatoes Strawberries</p>	<p>15 Fiestada Pizza Refried Beans Green Pepper Banana</p>	<p>12:15 Dismissal 16 Corn Dog Baby Carrots Broccoli Oranges</p>	<p>17 Mac & Cheese PB & J Sandwich Green Beans Pea Pods Grapes</p>	<p>18 Roast Turkey w/ Roll Mashed Potatoes & Gravy Corn Hot Apples Pumpkin Bar</p>
<p>MYSTERY MEAT MONDAY 21 Shredded Beef on WGBun Onion, Pickle Mixed Veggies Peaches Cottage Cheese</p>	<p>12:15 Dismissal 22 Egg-Ham-Cheese Burrito Hash Brown Patty Dragon Punch Pears</p>	<p>23 ~ NO SCHOOL ~ THANKSGIVING BREAK</p>	<p>24 ~ NO SCHOOL ~ HAPPY THANKSGIVING!!!</p>	<p>25 ~ NO SCHOOL ~ THANKSGIVING BREAK</p>
<p>28 Maid Rite on a WG Bun Onion, Pickle Baked Beans Yellow Pepper Pineapple</p>	<p>29 Beef Taco Cheese, Salsa, S Cream Romaine Tomatoes Grapes TRY IT TUESDAY: Lime</p>	<p>30 Baked Potato Bar Ham, Taco Meat, S Cream, Cheese Bread & Butter Sandwich Cooked Broccoli Banana</p>	<p>1 Pepperoni Pizza Baby Carrots Celery Apples Frosted Graham</p>	<p>2 Breaded Fish Sandwich Green Beans Raw Cauliflower Oranges</p>

All meals served with choice of 1%Milk, Skim Milk, or Chocolate Skim Milk.

This institution is an equal opportunity provider.