



the CougarCafe



Where we feed your body

JANUARY 2023

& Jesus feeds your soul

<p>2</p> <p>NO SCHOOL CHRISTMAS BREAK</p>	<p>3</p> <p>Crispito w/ Cheese Sauce Spanish Rice Cooked Broccoli Cucumbers Oranges</p>	<p>4</p> <p>Macaroni & Cheese PB & J Sandwich Green Beans Peppers Mixed Fruit</p>	<p>5</p> <p>Chili w/ WG Crackers Cinnamon Stick Baby Carrots Celery Pears</p>	<p>6</p> <p>Pepperoni Sub Romaine, Tomato Hash Brown Rounds Apples Brownie</p> <p>TRY-Day FRIDAY: Frozen Raspberries</p>
<p>9</p> <p>Sloppy Pizza Burger / WG Bun <small>Cheese, Tomato, Onion</small> Baked Beans Green Pepper Applesauce Raisels</p>	<p>10</p> <p>Chicken Tacos <small>Cheese, Salsa, Sour Cream</small> Romaine / Tomatoes Banana Raspberry Churro</p> <p>TRY IT TUESDAY: Black Olives</p>	<p>11</p> <p>12:15 Dismissal</p> <p>Goulash Garlic Knot Roasted Cauliflower Cucumbers Peaches</p>	<p>12</p> <p>Grilled Cheese Tomato Soup California Medley Baby Carrots Mandarin Oranges</p>	<p>13</p> <p>Hot Dogs/ Chili Dogs French Fries/ Chili Fries <small>Cheese Sauce</small> Raw Broccoli Mixed Fruit</p>
<p>16</p> <p>NO SCHOOL Teacher Professional Development</p>	<p>17</p> <p>Chicken DORITO Crunch <small>Salsa, Sour Cream</small> Bread & Butter Corn Cauliflower Frozen Strawberries</p>	<p>18</p> <p>Beef & Noodles WG Dinner Roll Green Beans / Radishes Peaches Cottage Cheese</p> <p>Wacky Wednesday: Cheese Peas</p>	<p>19</p> <p>Chicken Noodle Soup Cheesy BreadStick Cooked Carrots + Diced Potatoes in your soup!?!? Apples Blueberry or Apple Crisp</p>	<p>20</p> <p>Tator Tot Casserole PB -OR- J Sandwich Mixed Vegetables Green Pepper Pears / Yogurt</p>
<p>The following week has been planned by our 8th Grade class as part of a new KIDS IN THE KITCHEN Food and Nutrition unit!</p>				
<p>23</p> <p>MYSTERY MEAT MONDAY French Toast & Sausage Hash Brown Patty Celery Frozen Strawberries</p>	<p>24</p> <p>Beef Nachos Cheese, Salsa, Sour Cream Romaine Salad Blueberries</p> <p>TRY IT TUESDAY: Kohlrabi</p>	<p>25</p> <p>12:15 Dismissal</p> <p>Mr Ribb on WG Bun <small>Onion, Pickle</small> Baked Beans Peppers Apples</p>	<p>26</p> <p>Orange Chicken & Rice Peas Water Chestnuts Mandarin Oranges Egg Roll /Fortune Cookie</p>	<p>27</p> <p>TRYDAY FRIDAY: Grapefruit</p> <p>Chicken Nuggets PB & J Sandwich Romaine / Baby Carrots Applesauce / Kiwi Oreo Fluff</p>
<p>30</p> <p>Bosco Sticks Marinara Sauce Peas / Raw Broccoli Mixed Berries Jell-O Cake</p>	<p>31</p> <p>Frito Pie Bread & Butter Corn Cucumbers Banana</p>	<p>NEW</p> <p>1</p> <p>UNbreaded Ravioli in Marinara Sauce Garlic Toast Roasted Cauliflower Peppers / Grapes</p>	<p>2</p> <p>Scalloped Potatoes & Ham WG Dinner Roll Steamed Broccoli Raw Cauliflower Pears</p>	<p>3</p> <p>Hamburger on WG Bun <small>Cheese, Tomato, Pickle, Onion</small> Baked Beans Celery Pineapple</p>

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

This institution is an equal opportunity provider.