




# the Cougar Cafe



Where we feed your body

**MARCH 2023**

& Jesus feeds your soul

<p><b>27</b>  <b>Chili w/ WG Crackers</b>  <b>Cinnamon Roll</b>  <b>Baby Carrots</b>  <b>Kiwi / Grapes</b></p>	<p><b>28</b>  <b>Baked Potato Bar</b>  <small>Chili, Ham, Taco Meat, S Cream, Cheese</small>  <b>Bread &amp; Butter Sandwich</b>  <b>Cooked Broccoli</b>  <b>Oranges</b></p>	<p><b>12:15 Dismissal 1</b>  <b>Pepperoni Sub</b>  <b>Peas</b>  <b>Cauliflower</b>  <b>Frozen Peaches</b>  <b>Scotcheroo</b></p>	<p><i>Happy B-day Dr Seuss!</i> <b>2</b>  <b>HOP on POPcorn Chicken</b>  <b>RED Chips / BLUE Chips</b>  <b>Mango Wango juice</b>  <b>TRUFFULA FRUIT salad</b>  <b>OH THE PLACES YOU'LL GOgurt</b></p>	<p><b>3</b>  <b>Beef TOTchos</b>  <small>Cheese, Salsa, Sour Cream</small>  <b>Romaine</b>  <b>Black Olives</b>  <b>Apples</b></p>
<p><b>NATIONAL 6</b>  <b>Chicken patty on WG bun</b>  <b>Corn</b>  <b>Cucumbers</b>  <b>Cantaloupe</b>  <b>Crisp</b></p> 	<p><b>LUTHERAN 7</b>  <b>Meatloaf</b>  <b>Bread &amp; Butter</b>  <b>Mashed Potatoes</b>  <b>Hot Apples</b>  <b>Jell-O</b></p>	<p><b>12:15 Dismissal 8</b>  <b>PTL PIZZA !!!!!</b>  <b>GREEN broccoli</b>  <b>YELLOW banana</b>  <b>RED cherry tomatoes</b>  <b>frosted graham</b></p>	<p><b>SCHOOLS 9</b>  <b>Bosco Sticks</b>  <b>Broccoli &amp; Cauliflower</b>  <b>Red &amp; Orange Peppers</b>  <b>Red &amp; Green Grapes</b>  <b>TWINKie cake</b></p>	<p><b>WEEK 10</b>  <b>FRENCH toast</b>  <b>CANADIAN bacon</b>  <b>AMERICAN fries</b>  <b>MANDARIN Oranges</b>  <b>GREEK yogurt</b></p>
<p><b>13</b>  <b>NO SCHOOL:</b>  <i>Spring Break</i></p>	<p><b>14</b>  <b>NO SCHOOL:</b>  <i>Spring Break</i></p>	<p><b>15</b>  <b>NO SCHOOL:</b>  <i>Spring Break</i></p>	<p><b>16</b>  <b>NO SCHOOL:</b>  <i>Spring Break</i></p>	<p><b>17</b>  <b>NO SCHOOL:</b>  <i>Spring Break</i></p>
<p><b>MYSTERY MEAT MONDAY 20</b>  <b>Turkey Sub</b>  <small>Cheese, Tomato, Onion, Pickle</small>  <b>Hash Brown Patty</b>  <b>Romaine</b>  <b>Pineapple</b></p>	<p><b>21</b>  <b>Pizza Crunchers</b>  <b>California Medley</b>  <b>Cucumber</b>  <b>Pears</b>  <b>Dried Cherries</b></p>	<p><b>22</b>  <b>Chicken Crunch</b>  <b>WG Dinner Roll</b>  <b>Peas</b>  <b>Strawberries</b>  <b>Apples</b></p>	<p><b>23</b>  <b>Beef and Noodles</b>  <b>Bread &amp; Butter</b>  <b>Green Beans / Pea Pods</b>  <b>Peaches</b>  <b>Cottage Cheese</b></p>	<p><b>24</b>  <b>Hamburger on WG Bun</b>  <small>Cheese, Tomato, Onion, Pickle</small>  <b>Baked Beans</b>  <b>Romaine</b>  <b>Oranges</b></p>
<p><b>27</b>  <b>Tater Tot Casserole</b>  <b>Bread &amp; Butter</b>  <b>Mixed Vegetables</b>  <b>Celery</b>  <b>Kiwi</b></p>	<p><b>28</b>  <b>Quesadilla Pizza</b>  <small>Salsa, Sour Cream</small>  <b>Black Beans</b>  <b>Green Pepper</b>  <b>Banana</b></p>	<p><b>29</b>  <b>Pulled Pork on WG Bun</b>  <small>Romaine, Tomato, Onion, Pickle</small>  <b>Cheesy Potatoes</b>  <b>Corn</b>  <b>Applesauce</b></p>	<p><b>30</b>  <b>Spaghetti w/ Meat Sauce</b>  <b>Cheese Stuffed Breadstick</b>  <b>Cooked Broccoli</b>  <b>Cauliflower</b>  <b>Grapes</b></p>	<p><b>31</b>  <b>Scrambled Eggs</b>  <b>Sausage Patty</b>  <b>Blueberry Muffin</b>  <b>Tri Tator / Red Pepper</b>  <b>Pears</b></p>

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

This institution is an equal opportunity provider.