St. Mary Hyde Park – Cougar Café Lunch Menu

August and September 2017

Hot/ Cold Meal: $3.25 (entrée, two sides); Extra Entrée $1.75 , Side Items: $1.00; Beverage: $.75

USDA Daily Requirements K thru 8: protein 1.5 oz., fruits 4oz., vegetables 6oz., whole grains 1 serving

Monday	Tuesday	Wednesday	Thursday	Friday
			Aug 24 **WG Boneless Chicken Bites** Mashed potatoes choice of fruit	**Aug 25** **slice of pizza or two cheesy bread sticks** carrots & ranch choice of fruit
Aug 28 **chicken burrito** rice, chicken & cheese black beans choice of fruit	**Aug 29** **grilled cheese & bacon** broccoli choice of Fruit	**Aug 30** **whole grain chicken fingers** mashed potatoes choice of fruit	**Aug 31** **Cheese Coney- choice of chili and shredded cheese** corn-off-the-cob choice of fruit	**Sept 1** **slice of pizza or two cheesy bread sticks** carrots & ranch choice of fruit
4 **No School Labor Day**	**5** **egg & cheese breakfast burrito** tortilla chips w/ salsa choice of fruit	**6** **whole grain chicken bites** mashed potatoes choice of fruit	**7** **Spaghetti & meatballs** choice of meatballs & sauce garlic bread choice of fruit	**8** **slice of pizza or two cheesy bread sticks** carrots & ranch choice of fruit
11 **beef taco with cheese & sour cream** fiesta corn choice of fruit	**12** **scrambled eggs** whole grain mini pancake choice of fruit	**13** **hamburger/ cheeseburger** green beans choice of fruit	**14** **turkey corndogs** tater tots choice of fruit	**15** **slice of pizza or two cheesy bread sticks** carrots & ranch choice of fruit
18 **cheese & chicken quesadilla w/ salsa & sour cream** black beans choice of fruit	**19** **whole grain waffles** sliced bacon hash brown potatoes choice of fruit	**20** **Whole grain chicken & cheese sandwich** *cheese optional broccoli choice of fruit	**21** **Cincy Chili Spaghetti** peas & carrots choice of fruit	**22** **slice of pizza or two cheesy bread sticks** carrots & ranch choice of fruit
25 **beef taco dip w/ salsa & sour cream** bag of tortilla chips choice of fruit	**26** **turkey sausage links** whole grain French toast sticks choice of fruit	**27** **whole grain chicken fingers** mashed potatoes choice of fruit	**28** **macaroni and cheese** green beans choice of fruit	**29** **slice of pizza or two cheesy bread sticks** carrots & ranch choice of fruit

Everyday Entrees			
cheese sandwich	turkey wrap	peanut butter & jelly sandwich	yogurt parfait
chili	soup of the day	bagel with cream cheese	assorted whole grain cereal with milk
Side Items			
Sun Chips ©	pretzels	cheese popcorn	tortilla chips w/ tomato salsa
side salad w/ dressing	banana	whole fresh fruit	applesauce
pineapple cubes	Mandarin oranges	GoGurt Sticks ©	

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