

**Allergen Containing**

- G** Contains Gluten
- D** Contain Dairy

# Cougar café

- V** Vegetarian
- GF** Gluten Free
- FR** Free Range
- GF** Grass Fed
- VG** Vegan
- C** Cage Free
- O** Organic

**February**

Local, fresh and organic food cooked from scratch and with care. All Meals Come with Clover Farms 1% Milk or 100% No Added Sugar Juice Pouch

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
<b>Global Adventure</b>		<b>Platillos Latinos</b>		<b>Stone Hearth Pizza</b>		<b>Panini</b>		<b>Global Adventur</b> House Made Beef Ragu, Marinara Sauce  Buttered Penne Pasta  Roasted Italian Veg	
V		V				V		V	
5		6		7		8		9	
<b>Street Food</b> Free Range Chicken Quesadillas  Roasted Veirra Farms Cauliflower  Organic Spanish Rice		<b>Kitchen Table</b> Roasted Free Range Chicken, Yukon Mash potatoes  Steamed Dwelley Green Beans  Garlic Bread Stick		<b>Stone Hearth Pizza</b> Cheese with Rumiano Farms Cheese  Cucumber & Heirloom Tomato Salad with House Vinaigrette		<b>Breakfast for Lunch</b> French Toast Sticks w/ Chicken Apple Sausage Links  Fresh California Oranges		<b>Global Adventure</b> Cheese & Bean Burrito  Whole Wheat Flour Tortilla  Cilantro Lime Rice	
12		13		14		15		16	
<b>Panini</b> Veinna Beef Hot Dogs On Brioche Bun  Homemade Chips  Heirloom garden Salad		<b>Global Adventure</b> Free Range Chicken Fried Jasmin Rice  Glazed Nantes Carrots		<b>Stone Hearth Pizza</b> Cheese Pizza with Rumiano Farms Cheese  Garden Caesar Salad with Grape Tomatoes, English Cucumbers, & House Dressing		<b>Street Food</b> Free Range Chicken Strips  Roasted Jojo Potatoes W/ Broccoli		<b>Kitchen Table</b> Free Range Chicken Alfredo , Garlic bread  Penne Pasta  Garden Roasted Veg	
V						V			
19		20		21		22		23	
WINTER		BREAK				School		Out	
V									
26-Jan		27		28					
<b>Kitchen Table</b> Free Range Chicken Chow Mein  Soy Ginger Glaze  Stir-Fried Veggies		<b>TACO TUESDAY</b> Grass Fed Ground Beef & Corn Tortilla  Spanish Rice and Pinto Beans  California Orange		<b>Stone Hearth Pizza</b> Cheese Pizza with Rumiano Farms Cheese  Garden Caesar Salad with Grape Tomatoes, English Cucumbers, & House Dressing		<b>Global Adventure</b> Grilled Marin Cheese Sandwich On Toasted Sourdough  Cheddar Cheese  Fresh Jicima & Carrot Sticks		<b>Street Food</b> Teriyaki Free Range Chicken  Jasmine Rice  Roasted Broccoli	
V						V			

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