

OCTOBER 2022

ROCK POINT COMMUNITY SCHOOL
COUGAR CAFÉ BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>COLD CEREAL TOAST W/JAM/BUTTER FRESH FRUIT FRUIT CUP MILK</p> <p>-----</p> <p>HOT DOG KETCHUP/MUSTARD/RELISH FRESH CARROTS RANCH STYLE BEANS FRESH FRUIT MILK</p>	<p>4</p> <p>BREAKFAST BURRITO SALSA FRESH ORANGES SLICES FRUIT CUP MILK</p> <p>-----</p> <p>BEAN BURRITO LETTUCE/TOMATOES FIX SALSA FRESH APPLE MILK</p>	<p>5</p> <p>CREAM OF WHEAT SAUSAGE PATTY JUICE FRESH FRUIT MILK</p> <p>-----</p> <p>FRITO CHILI PIE LETTUCE/TOMATO/CHEESE FRESH FRUIT CHOCOLATE CHEWY BAR MILK</p>	<p>6</p> <p>BLUEBERRY MUFFIN SCRAMBLED EGGS FRESH FRUIT MILK</p> <p>-----</p> <p>MACARONI & CHEESE STEAMED BROCCOLI FRESH GRAPES MILK</p>	<p>7</p> <p>BISCUIT W/GRAVY JUICE FRESH FRUIT MILK</p> <p>-----</p> <p>PIZZA ROUNDS SALAD W/ RANCH FRUIT MILK</p> <p style="text-align: right;">WK1</p>
<p>10</p> <p style="text-align: center;">LATE START</p> <p>FRUDEL JUICE FRESH FRUIT MILK</p> <p>-----</p> <p>NATIVE TACO W/ FRYBREAD LETTUCE/TOMATO/CHEESE SALSA FRESH FRUIT MILK</p>	<p>11</p> <p>PANCAKES BLUEBERRY SYRUP APPLE SAUCE CUPS FRESH FRUIT MILK</p> <p>-----</p> <p>BBQ CHICKEN CORNBREAD STEAMED RICE CARROT SALAD FRESH FRUIT MILK</p>	<p>12</p> <p>COLD CEREAL HONEY GRAHAM CRACKERS FRESH FRUIT MILK</p> <p>-----</p> <p>CHICKEN BOWL SLICED BREAD W/BUTTER KERNAL CORN FRUIT MILK</p>	<p>13</p> <p>SCRAMBLED EGGS WSAUSAGE CRUMBLER TOAST W/JAM JUICE FRESH APPLES MILK</p> <p>-----</p> <p>VEGETABLE BEEF STEW DINNER ROLL FRESH CUCUMBER FRESH BLUEBERRY CUPS MILK</p>	<p>14</p> <p>BANANA MUFFINS YOGURT SLEEVES FRESH ORANGE CUTS MILK</p> <p>-----</p> <p>MEATBALL SUBS SALAD RANCH FRESH FRUIT MOZZARELLA STICK MILK</p> <p style="text-align: right;">WK2</p>
<p>17</p> <p>EGG & SAUSAGE PATTY SANDWICH FRESH GRAPES MILK</p> <p>-----</p> <p>SOFT TACO SURPREME SPANISH RICE CORN ON COB FRESH FRUIT MILK</p>	<p>18</p> <p>CREAM OF WHEAT TOAST W/ JAM JUICE FRESH ORANGE SLICES MIK</p> <p>-----</p> <p>PB&J SANDWICH MOZZARELLA CHEESE STICK CELERY STICKS RANCH FRESH FRUIT MILK</p>	<p>19</p> <p>SCRAMBLED EGGS W/ SAUSAGE CRUMBLES SALSA FRUIT CUP MILK</p> <p>-----</p> <p>CHICKEN TAMELE CILANTO LIME RICE PINTO BEANS FRESH FRUIT MIX MILK</p>	<p>20</p> <p>PLAIN BAGEL CRÈME CHEESE JUICE STRAWBERRY CUP MILK</p> <p>-----</p> <p>MANDARIN ORANGE CHICKEN STEAMED RICE SAUTEED GREEN BEANS FRESH PEACHES MILK</p>	<p>21</p> <p>FRENCH TOAST SYRUP FRESH FRUIT MILK</p> <p>-----</p> <p>HAMBURGER LETTUCE/TOMATO/PICKLES FRENCH FRIES KETCHUP/MUSTARD BAKED BEANS FRESH FRUIT MILK</p> <p style="text-align: right;">WK3</p>
<p>24</p> <p style="text-align: center;">PD</p> <p style="text-align: center;">NO SCHOOL</p>	<p>25</p> <p>BLUE CORN MUSH TOAST W/JAM JUICE APRIOT CUPS MILK</p> <p>-----</p> <p>GREEN CHILI PORK POSOLE WG FLATBREAD CUCUMBER SLICES FRESH GRAPES MILK</p>	<p>26</p> <p>BREAKFAST BARS SALSA APPLESAUCE CUPS MILK</p> <p>-----</p> <p>BAKED DRUMSTICKS MASHED POTATO W/GRAVY MIXED VEGETABLES FRESH APPLES MILK</p>	<p>27</p> <p>BANANA MUFFIN YOGURT JUICE FRESH ORANGE CUTS MILK</p> <p>-----</p> <p>HAMBURGER CRUMBLER W/ RICE PEAS & CARROT CUPS FRESH PEARS MILK</p>	<p>28</p> <p>RICE W/RAISIN PUDDING BOILED EGGS FRESH GRAPES MILK</p> <p>-----</p> <p>BBQ RIBLET SANDWICH CORN ON COB FRESH CARROTS SUNCHIPS WATERMELON SLICES MILK</p> <p style="text-align: right;">WK4</p>
<p>31</p> <p>HAPPY HALLOWEEN YELLOW CORN MUSH TOAST W/ JAM GRAPE JUICE MILK</p> <p>-----</p> <p>CHICKEN NACHOS LETTUCE/TOMATO/OLIVES PINTO BEANS AVOCADO/SALSA SAUCE SOUR CRÈME FRESH MANGO CHOCOLATE MILK</p>				

THIS INSTITUTION IS AN EQUAL PROVIDER ~~~~~ MENU MAY CHANGE DUE TO WEEKLY AVAILABILITY IN DELIVERIES