

Cougar Cafe

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast: Breakfast Pizza <i>C-210 TF-7g SF-2g CB-26g</i> Lunch: Chicken Tenders <i>C-280 TF-15g SF-3g CB-17g</i>
4 Breakfast: Build Your Own Breakfast Totchos <i>C-350 TF-19g SF-5.5g CB-30g</i> Lunch: Carnitas Street Tacos <i>C-437 TF-15.5g SF-4.5g CB-39.5g</i>	5 Breakfast: Biscuit Sandwich w/Egg & Sausage <i>C-390 TF-22.5g SF-14.5g CB-30.5g</i> Lunch: Teriyaki Beef Noodle Bowl <i>C-578 TF-12 SF-4g CB-94g</i>	6 Late Start Breakfast: Fresh Baked Breakfast Bread <i>C-336 TF-11g SF-2g CB-56g</i> Lunch: Chicken Chili Verde Bowl <i>C-349 TF-6.25g SF-2g CB-46.5g</i>	7 Breakfast: Pancakes w/Sausage <i>C-290 TF-11.5g SF-2.5g CB-37g</i> Lunch: Handmade Pizza (C) – C-400 TF-16g SF-7g CB-43g (P) – C-410 TF-18g SF-7g CB43g+	8 Breakfast: Waffle <i>C-300 TF-13g SF-3g CB-43g</i> Lunch: Triple B Burger <i>C-365g TF-17g SF-6g CB-30g</i>
11 Breakfast: French Toast Stix w/Sausage <i>C-340 TF-12.5g SF-2.5g CB-44g</i> Lunch: Popcorn Chicken <i>C-290 TF-18g SF-3.5g CB-17g</i>	12 Breakfast: Fresh Baked Breakfast Bread <i>C-336 TF-11g SF-2g CB-56g</i> Lunch: Build Your Own Chicken Burrito <i>C-531 TF-9.5g SF-4g CB-86g</i>	13 Late Start Breakfast: Breakfast Sandwich w/Sausage & Cheese <i>C-270 TF-11g SF-4g CB-31.5g</i> Lunch: Orange Chicken Chow Mein Stir Fry <i>C-347 TF-4g SF-.5g CB-59g</i>	14 Breakfast: Handmade Ham & Cheese Burrito <i>C-441 TF-23g SF-12g CB-36g</i> Lunch: Handmade Pizza (C) – C-400 TF-16g SF-7g CB-43g (P) – C-410 TF-18g SF-7g CB43g+	15 NO SCHOOL Teacher Day
18 HOLIDAY Presidents Week	19 NO SCHOOL Presidents Week	20 NO SCHOOL Presidents Week	21 NO SCHOOL Presidents Week	22 NO SCHOOL Presidents Week
25 Breakfast: Waffle w/Sausage <i>C-270 TF-9.5g SF-3g CB-36g</i> Lunch: Teriyaki Chicken, Rice <i>C-290 TF-5g SF-1g CB-43g</i>	26 Breakfast: Breakfast Sandwich w/Egg & Ham <i>C-301 TF-12g SF-5g CB-30.5g</i> Lunch: Build Your Own Beef Burrito <i>C-659 TF-19g SF-7.5g CB-88g</i>	27 Late Start Breakfast: Biscuit & Gravy Sausage Breakfast <i>C-680 TF-41.5g SF-16g CB-61g</i> Lunch: Enchirito <i>C-460 TF-21g SF-9g CB-48.5g</i>	28 Breakfast: French Toast w/Sausage <i>C-330 TF-10.5g SF-2.5g CB-46g</i> Lunch: Handmade Pizza (C) – C-400 TF-16g SF-7g CB-43g (P) – C-410 TF-18g SF-7g CB43g+	

Calories, Total Fat, Total Saturated Fat and Carbohydrates are provided for each item. Complete nutritional information is available on our website.

www.beaumont-ca.schoolloop.com

*Menu Subject To Change Without Notice
 + Contains Turkey; # Contains Chicken; * Contains Pork/Ham

This institution is an equal opportunity provider.

All grains meet the whole grain-rich criteria for lunch and breakfast.



Beaumont High School

February 2019

FREE Breakfast Meals Served Daily

Breakfast Mini Rings
Bagel
Cinnamon Roll
Muffin
PBJ Uncrustable
Yogurt Parfait
Cereal
Benefit Breakfast Bar

Breakfast Meal Includes: Breakfast Entrée, Fresh Fruit, Fruit Juice and Milk

\$3.00 Lunch Meals Served Daily

Domino's Pizza
Reg./Spicy Chicken Sandwich
Spicy Bacon Cheeseburger
Turkey Salad
Teriyaki Chicken, Rice
Salad – Chicken Caesar

Lunch Meal Includes: Lunch Entrée, Fresh Fruit, Vegetable, and Milk

Monthly Lunch Special

SERVED DAILY

February — Buffalo Winglets w/Potato Wedges

+ Contains Turkey; # Contains Chicken; * Contains Pork/Ham

**Menu Subject To Change Without Notice

All grains meet the whole grain-rich criteria for lunch and breakfast.