




The Bruin's Den Cafe

September 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Watch for the staff choice lunch, once each month. These are the lunch options that staff selected as their favorite. Their name will appear on the menu—be sure to give lunch a try!</p>				<p>1 HALF DAY GRAB & GO Tuna Salad Wrap Baby Carrots Apple Slices **NO ALTERNATE**</p>
<p>4 NO SCHOOL  * Weekly Alternate Hot Ham and Cheese on Bun*</p>	<p>5 Potato & Cheese Pierogi Steamed Broccoli Veggie Cole Slaw Fresh Melon</p>	<p>6 Chicken Sandwich Romaine and Pickles Honey Baked Carrots Spinach & Tomato Salad Fresh Peach</p>	<p>7 B.Y.O. Taco Thursday Beef, Cheese, Lettuce, Salsa Black Bean Salad Fiesta Rice Applesauce</p>	<p>8 Chicken Bites Buffalo, Ranch Peas and Corn Garden Salad Orange Wedges</p>
<p>11 Chicken Nuggets Peas and Carrots Green Bean Salad Fresh Pineapple * Weekly Alternate Egg Salad Sandwich*</p>	<p>12 Penne Alfredo Noodles in a Cheesy Sauce Garden Salad, Oranges Grades 5-8 SALAD BAR OPTION</p>	<p>13 Chicken Broccoli Pasta Herb Zucchini Caesar Salad Cinnamon Apples</p>	<p>14 B.Y.O. Taco Thursday Beef, Cheese, Lettuce, Salsa Black Bean Salad Fiesta Rice Fresh Peach</p>	<p>15 EARTHFEST All Beef Hot Dog on Bun Ketchup & Mustard Broccoli Pasta Salad Watermelon</p>
<p>18 Butter Noodles with Parmesan Cheese Roasted Zucchini Caesar Salad Fresh Pineapple * Weekly Alternate Turkey and Cheese on Kaiser Roll*</p>	<p>19 Cheeseburger on Bun BBQ Beans, Garden Salad Cinnamon Apples Grades 5-8 SALAD BAR OPTION</p>	<p>20 Chicken And Waffles Honey Carrots Green Beans and Tomato Grape Medley</p>	<p>21 Mrs. Soroka's Menu YumYum Noodles & Chicken Garlic Broccoli Garden Salad Ginger Dressing Orange Wedges</p>	<p>22 Pork Pot Roast Homemade Ciabatta Bread Smashed Potatoes Spinach Salad Watermelon</p>
<p>25 Chicken Bites Buffalo/Ranch Sauces Corn and Pea Succotash Broccoli Salad Orange Wedges * Weekly Alternate Pork BBQ Sandwich *</p>	<p>26 All Beef Hot Dog BBQ Beans, Garden Salad Fresh Pineapple Grades 5-8 SALAD BAR OPTION</p>	<p>27 Breakfast Sandwich Egg, Turkey Sausage and Cheese Potato Hash Spinach Salad Applesauce Cup</p>	<p>28 B.Y.O. Taco Thursday Beef, Cheese, Lettuce, Salsa Black Bean Salad Fiesta Rice Cinnamon Apples</p>	<p>29 Pasta Marinara with Meatballs Garlic Broccoli Caesar Salad Fresh Melon</p>

Start every day with a **Healthy Breakfast !**

Monday: Toasted Bagel with Cream Cheese and Jelly

Tuesday: Muffin of the Day, Fresh Fruit Parfait, Granola & Local Honey

Wednesday: Pancakes & Bacon, Fresh Fruit, Local Maple Syrup

Thursday: Turkey Sausage Biscuit & Roasted Potatoes

Friday: Egg & Cheese Burrito or Oatmeal w/assorted toppings

All Breakfasts Served with Choice of Low or Non-Fat Milk, Fresh Fruit & 100% Fruit Juice

Alternate Breakfast: Choice of Whole, Grain Cereals

Meal Pricing

Regular Price Breakfast \$1.05
Reduced Price Breakfast \$0.30
Regular Price Lunch \$2.35
Reduced Price Lunch: \$0.40

Fruits and veggies may change due to local availability & freshness—we proudly support local farmers & producers.
Bear Creek Community is an equal opportunity provider.

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21	All Beef Hot Dog Tater Tots Garden Salad Orange Wedges <i>*Weekly Alternate Pork BBQ*</i>	22	B.Y.O. Taco Tuesday 'Build Your Own' Crunchy Taco Shell Beef, Cheese, Lettuce, Salsa Corn & Black Bean Salad Peaches	23	Chicken & Broccoli Pasta with Olive Oil and Grated Parmesan Caesar Salad Fresh Watermelon	24	Turkey Salad Wrap Green Leaf Lettuce and Shredded Cheddar Roasted Cauliflower Cool Cucumbers Cinnamon Spiced Apples	25	Hawaiian Spirit Day Maui BBQ Chicken Tenders Veggie Fried Rice Aloha Salad Coconut Pineapple Pudding
28	Cheeseburger Lettuce & Tomato Tater Tots Homegrown Basil and White Bean Salad Pineapple Chunks <i>* Weekly Alternate Lunch Tuna Salad on *</i>	29	California Burrito Chicken, Cheddar Lettuce, Guacamole Cheesy Corn Fresh Watermelon	30	Macaroni & Cheese Herb Zucchini Garden Salad Strawberries	31	Chicken Nuggets BBQ, Ranch or Honey Mustard Peas and Carrots Spinach & Tomato Salad Orange Wedges		
<p style="text-align: center;">Student's Choice of Milk Daily 1% White or Fat Free Chocolate</p>		<p style="text-align: center;">Look for the Word 'Homegrown'. This means it was grown in our own garden, Yum!!!</p>		<p>I AM AN EXPLORER OF FOOD.</p> 					

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