


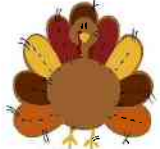





November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>* Weekly Alternate Hot Ham and Cheese*</i>		1 Spaghetti & Meatballs Garlic Roasted Broccoli Garden Salad Peach Cup	2 B.Y.O. Taco Thursday Beef, Cheese Lettuce, Salsa Steamed Rice Applesauce	3 All Beef Hot Dog on Bun Tater Tots Chickpea Salad Red Grapes
6 Chicken Nuggets Herb Green Beans Spinach and Tomato Salad Oranges <i>* Weekly Alternate Turkey and Cheese Sandwich*</i>	7 Butter Noodles With Parmesan Cheese Honey Carrots Caesar Salad Pineapple	8 Chicken Fajita Bowl Chicken, Rice, Salsa Peppers & Onions, Cheese Corn and Black Bean Salad Fresh Melon	9 HALF DAY GRAB & GO Turkey and Cheese on Roll Baby Carrots Apple Slices ***NO ALTERNATE***	10 Veterans Day 
13 Cheeseburger on Bun Tater Tots Caesar Salad Cinnamon Apples <i>* Weekly Alternate Pork BBQ on Bun*</i>	14 Potato & Cheese Pierogi Cheesy Corn Cucumber Salad Pineapple	15 Chicken Bites Buffalo/Ranch Sauces BBQ Baked Beans Spinach & Carrot Salad Fresh Pear	16 B.Y.O. Taco Thursday Beef, Cheese Lettuce, Salsa Steamed Rice Peaches & Granola	17 JASON FINNEGAN DAY Slow Cooked Pork Ribs Mashed Potatoes Steamed Broccoli & Butter Oranges
20 Chicken Sandwich Romaine & Pickles BBQ Chickpeas Veggie Slaw Fresh Pineapple <i>* Weekly Alternate Egg Salad on Toast *</i>	21 TURKEY DAY PRACTIICE Roast Turkey, Gravy Herb Stuffing, Cranberry Sweet Potato Bake Pumpkin Mousse	22 HALF DAY GRAB & GO Egg Salad Sandwich Goldfish Crackers Baby Carrots Fresh Pear ***NO ALTERNATE**	23  Happy Thanksgiving	24  NO SCHOOL
27 NO SCHOOL 	28 Chicken Nuggets Cheesy Corn Garden Salad Apple Crumble <i>* Weekly Alternate Roast Turkey B.L.T*</i>	29 Penne Alfredo Peas and Corn Caesar Salad Mixed Grapes	30 THE DAN STEBER Meatball Sub with Mozzarella Cheese Tater Tots Broccoli & Carrot Salad Mandarin Orange Fluff	

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

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.



The Bruin's Den Cafe

October 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Breakfast for Lunch French Toast Bake Maple & Crumbled Bacon Cauliflower, Spinach Salad Fresh Melon <i>* Weekly Alternate Sloppy Joe on Bun *</i></p>	<p>3 Chicken Fajita Bowl Rice, Peppers/Onions Cheese, Salsa Black Bean Salad Strawberry Cup</p>	<p>4 Pasta with Meat Sauce Roasted Broccoli Caesar Salad Orange Wedges</p>	<p>5 Chicken Nuggets Cheesy Corn Veggie Slaw Baked Peach Crumble</p>	<p>6 TEACHER IN SERVICE</p> 
<p>9  <i>* Weekly Alternate Roast Beef and Cheddar on Kaiser Roll *</i></p>	<p>10 BBQ Chicken Drumsticks Roll with Butter Brown Sugar Chickpeas Spinach & Tomato Salad Fresh Melon</p>	<p>11 Maple Roast Turkey Mashed Potatoes, Gravy Garden Salad Orange Wedges</p>	<p>12 B.Y.O. Taco Thursday Beef, Cheese Lettuce, Salsa Steamed Rice Applesauce</p>	<p>13 Potato & Cheese Pierogi Peas and Corn Cucumber Salad Fresh Pineapple</p>
<p>16 Chicken Sandwich Romaine and Pickles Garlic Broccoli Chickpea Salad Peach Whip <i>* Weekly Alternate Turkey Salad Sandwich *</i></p>	<p>17 Cheeseburger on Bun Lettuce, Tomato Tater Tots, Garden Salad Fresh Melon</p>	<p>18 Chicken Broccoli Pasta Herb Corn Caesar Salad Grape Medley</p>	<p>19 California Burrito Chicken, Avocado Lettuce, Cheese Steamed Rice Black Bean & Corn Salad Orange Wedges</p>	<p>20 Pizza Friday Baby Carrots Spinach and Tomato Salad Cinnamon Apples</p>
<p>23 Chicken Bites Buffalo/Ranch Sauces BBQ Baked Beans Caesar Salad Orange Wedges <i>* Weekly Alternate Lunch Chicken Caesar Wrap *</i></p>	<p>24 Macaroni & Cheese Steamed Broccoli Garden Salad, Fresh Pear Grades 5-8 **SALAD BAR OPTION**</p>	<p>25 All Beef Hot Dog Tater Tots Veggie Slaw Fresh Melon</p>	<p>26 B.Y.O Taco Thursday Beef, Cheese Lettuce, Salsa Steamed Rice Applesauce</p>	<p>27 The McManus Day Italian Stromboli Ham, Pepperoni & Cheese Herb Zucchini Garden Salad Banana</p>
<p>30 Veggie Egg Fried Rice Steamed Cauliflower Romaine Salad with Ginger Dressing Pineapple <i>* Weekly Alternate Hot Ham and Cheese *</i></p>	<p>31 Half Day Grab & Go Ham and Cheese on Bun Baby Carrots Apple Slices **NO ALTERNATE**</p>			

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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

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