

# The Bruin's Den Cafe

**August 2017**



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