


Lion's Den Café - September 2020 - Breakfast Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	31	1	2	3	4	5
	berries and cream pastry & sausage or cereal apple slices juice	muffin or cereal banana juice	bagel or cereal fresh pear juice	pancakes & sausage or cereal sour raisels juice	apple or cherry Frudel or cereal peach cup juice	
6	LABOR DAY NO SCHOOL	7	8	9	10	11
4		mini donuts & gogurt or cereal banana juice	Sweet bread & gogurt cereal mandarin orange cup juice	french toast & sausage or cereal sour raisels juice	cinnamon roll & crackers or cereal pear cup juice	12
13	14	15	16	17	18	19
5	cinni minis & sausage or cereal apple slices juice	muffin or cereal banana juice	Poptart & gogurt or cereal mandarin orange cup juice	waffles & sausage or cereal pear cup juice	cinnamon crumb square or cereal sour raisels juice	
20	21	22	23	24	25	26
6	cinnamon Texas toast & sausage or cereal apple slices juice	mini donuts & gogurt or cereal banana juice	cinni minis & sausage or cereal mandarin orange cup juice	pancakes & sausage or cereal sour raisels juice	stuffed bagels & gogurt cereal craisins juice	
27	28	29	30			
1	cinnamon Texas toast & sausage or cereal apple slices juice	muffin or cereal banana juice	Sweet bread & gogurt cereal mandarin orange cup juice	Beverages offered daily: Fat Free Chocolate milk 1% milk bottled water	**Please note: this menu is subject to change without notice** <i>This institution is an equal opportunity provider</i>	

Lion's Den Café - September 2020 - Lunch Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	31	1	2	3	4	5
	Chicken Haystacks or Chef Salad w/roll pineapple steamed peas 3 side salad w/carrots & ranch	Teriyaki Chicken or Chicken Finger Wrap mandarin oranges fresh apple halves steamed broccoli	Macaroni & Cheese or Beef & Cheese Nachos peaches cauliflower & tomatoes w/ranch refried beans & cheese	Chicken Fried Steak dinner roll cantaloupe mashed potatoes & gravy celery sticks w/ranch	Corn Dog or Chicken Sandwich grapes baby carrots w/ranch baked beans	
6	7	8	9	10	11	12
 LABOR DAY NO SCHOOL		Chili & Cheese w/Fritos or Bean & Cheese Burrito peaches cucumber slices w/ranch steamed corn	Chicken Fajitas or Taco Salad w/Fritos strawberries refried beans & cheese side salad w/tomatoes & ranch	Pot Roast w/potatoes & roll or Cheese Melt fresh fruit salad steamed carrots celery sticks w/ranch	Pepperoni Pizza Ripper or Cheese Pizza Ripper mandarin oranges steamed broccoli cookie	
13	14	15	16	17	18	19
	Chicken Alfredo or French Dip pears fresh orange wedges steamed broccoli	Asian Chicken or Pig in a Blanket mandarin oranges fresh apple halves sugar peas w/grape tomatoes & ranch	NEW!! Cheesy Mashed Potato Bowl or Chicken Caesar Salad w/roll tropical fruit cocktail steamed carrots side salad w/tomatoes & ranch	Soft Taco or Chicken Noodle Soup w/crackers grapes steamed corn celery sticks w/ranch		Cheese Stuffed Breadsticks or Hamburger frozen fruit cup baby carrots w/ranch baked beans
20	21	22	23	24	25	26
	French Toast Bake or Maple Sausage pancake Wrap cantaloupe celery sticks w/ranch tater tots	Pulled Pork Sandwich or Chicken Fingers pears sugar peas w/ranch steamed Normandy veg	Creamy Italian Chicken Taco Salad w/Fritos grapes steamed broccoli side salad w/tomatoes & ranch	Chicken Fried Steak dinner roll fresh orange wedges mashed potatoes & gravy cucumber slices w/ranch	Chicken Sandwich Hot Dog applesauce side salad w/carrots & ranch baked beans/pickle spears	
27	28	29	30			
	Rib B Que or Taco Fries tropical fruit cocktail baby carrots w/ranch french fries & refried beans	Turkey Mashed Potato Bowl w/roll or Beef Dippers w/potatoes & roll pineapple fresh orange wedges sugar peas w/ranch	Beef Stroganoff or Chef Salad w/roll peaches side salad w/tomatoes & ranch cucumber slices w/ranch	**Please note: this menu is subject to change without notice** This institution is an equal opportunity provider	Beverages offered daily: Fat Free Chocolate milk 1% milk bottled water	