

APRIL

2021

Cougar Café



m

t

w

th

f

Special Announcements:

Menu is subject to change.

Sausage Rolls
Grilled Chicken
Broccoli, Mixed Veggies, Biscuit 1.

No School 2.

Cinnamon Toast
Pork Patty
Baked Beans, Broccoli 5.

Frudel
Tacos
Salad, Mixed Veggies 6.

Hot Pocket
Chicken Salad Sandwich
Carrots, Green Beans 7.

Sausage Biscuit
Frito Pie
Corn, Cauliflower 8.

Honey Bun
Corndogs
French Fries, Squash 9.

Breakfast Corndog
Crispitos
Green Beans, Cauliflower,
Bunny Grahams 12.

Muffins
Spaghetti
Salad, Mixed Veggies 13.

Breakfast Burger
Chicken Quesadillas
Broccoli, Squash 14.

French Toast
Pizza
Salad, Corn 15.

Breakfast Pizza
Chicken Tenders
Pinto Beans, Carrots 16.

No School 19.

Pop Tarts
Mac N Cheese
Carrots, Mixed Veggies 20.

Mini Bagel
Hot Dogs
French Fries, Pinto Beans 21.

Donuts
Chicken Spaghetti
Salad, Broccoli 22.

Mini Cinni
Sloppy Joe
Green Beans, Corn 23.

Pancakes
Fajitas
Salad, Carrots 26.

Breakfast Taco
Pizza Stix
Corn, Green Beans 27.

Honey Bun
Chicken Burger
French Fries, Squash 28.

Waffles
Corndog
Baked Beans, Broccoli 29.

Muffins
Burrito
Salad, Mixed Veggies 30.

Art Contest Deadline Apr. 2



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



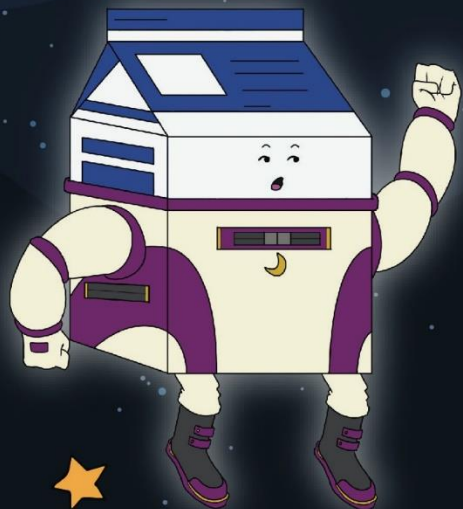
Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
www.SquareMeals.org

MOON MILK

The moon is more than 200,000 miles away from the Earth. At this distance it takes about three full days for astronauts to travel from the Earth's surface to land on the moon. Because it is Earth's closest neighbor, we have been able to gain more knowledge about it than any other body in the Solar System besides the Earth. The moon is also the brightest object in the night sky. Today, astronomers know that the moon is slowly moving away from the Earth. But at the rate it is traveling, about 1.5 inches per year, it will be lighting up our night sky for a long time.



WORD SEARCH

A	G	Z	J	N	W	L	A
C	A	B	L	X	K	J	C
A	Z	T	D	C	D	R	A
L	T	E	X	A	S	D	L
C	S	Q	B	D	I	E	V
I	B	D	A	I	F	R	I
U	G	W	O	C	G	E	Y
M	I	L	K	T	V	H	N

DID YOU KNOW?

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

Dairy products help build strong bones so you can grow up healthy. Three daily servings of dairy products are recommended for school age children. Some sources of dairy include milk, cheese, and yogurt.



COW MILK
CALCIUM TEXAS
DAIRY

