## Late Winter Bull Dog Cafe Lunch Menu 2019-2020

**Week One**
Will begin on the following weeks:
- January 21 (Tues)
- February 10
- March 9

<table>
<thead>
<tr>
<th>Monday Lunes</th>
<th>Tuesday Martes</th>
<th>Wednesday Miercoles</th>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili Cheese Dog &amp; Tots (B)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Rotini &amp; Meatballs (B)</td>
<td>Chicken Nachos (C)</td>
<td>Pizza Day!</td>
</tr>
<tr>
<td>Deli Sandwich (T)</td>
<td>Chef Salad (C,V)</td>
<td>Yogurt, Cheese &amp; Crackers (V)</td>
<td>Chef Salad (C,V)</td>
<td>Domino’s Smart Slice Pizza</td>
</tr>
<tr>
<td>Grilled Cheese Sandwich (V)</td>
<td>Chili Cheese Dog (B)</td>
<td>Pizza Nada (T)</td>
<td>Cheeseburger Twins (B)</td>
<td>Cheese (V) or Pepperoni (P)</td>
</tr>
</tbody>
</table>

**Week Two**
Will begin on the following weeks:
- January 27
- February 24
- March 16

<table>
<thead>
<tr>
<th>Monday Lunes</th>
<th>Tuesday Martes</th>
<th>Wednesday Miercoles</th>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepper &amp; Onion Beef and Rice (B)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Popcorn Chicken &amp; Fries (C)</td>
<td>Nacho Thursday</td>
<td>Pizza Day!</td>
</tr>
<tr>
<td>Cheese Papusa (V)</td>
<td>Bean &amp; Cheese Tostada (V)</td>
<td>Turkey Deli Sandwich (T)</td>
<td>Beef Nachos (B)</td>
<td>Domino’s Smart Slice Pizza</td>
</tr>
<tr>
<td>Yogurt, Cheese &amp; Crackers (V)</td>
<td>Chimi Nada (V)</td>
<td>Double Dogs (T)</td>
<td>Chef Salad (C,V)</td>
<td>Cheese (V) or Pepperoni (P)</td>
</tr>
</tbody>
</table>

**Week Three**
Will begin on the following weeks:
- February 3
- March 2
- March 23

<table>
<thead>
<tr>
<th>Monday Lunes</th>
<th>Tuesday Martes</th>
<th>Wednesday Miercoles</th>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Chicken Sandwich (C)</td>
<td>Chicken Drumstick &amp; Fries (C)</td>
<td>Teriyaki Noodle Bowl (C)</td>
<td>Nacho Thursday</td>
<td>Pizza Day!</td>
</tr>
<tr>
<td>Corn Dog (C)</td>
<td>Tuna Salad &amp; Roll (F)</td>
<td>Deli Sandwich (T)</td>
<td>Taco Nada (T)</td>
<td>Domino’s Smart Slice Pizza</td>
</tr>
<tr>
<td>Deli Sandwich (T)</td>
<td>Cheeseburger Twins (C)</td>
<td>Taco Nada (T)</td>
<td>Grilled Cheese Sandwich (V)</td>
<td>Cheese (V) or Pepperoni (P)</td>
</tr>
</tbody>
</table>

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### A La Carte Menu
- Milk $0.75
- Water $0.75
- Fruit Juice $0.75
- Whole Grain Crackers $0.75
- Baked Chips $0.75
- WG Choc Chip Cookie $0.75
- Switch Beverage $1.50

### Vegetarian Options
Available Daily!
Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.

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Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.

### Nutrition Information
- Calories: 136
- Carbohydrates: 21 g
- Protein: 4 g
- Fat: 6 g
- Cholesterol: 0 mg
- Sodium: 112 mg

### Special Menu Days
- **February 3** – President’s Grahams
- **February 10** – Valentine Cookie
- **February 14** – Valentine’s Day
- **February 24** – President’s Grahams
- **March 3** – Pi Day
- **March 17** – Luck o’ the Ice Cup
- **March 20** – St. Patrick’s Day

### Rethink Your Drink
Water is usually easiest on the wallet. You can often save money by drinking water from the tap at home or when eating out.

### Vegetables
- Baby Carrots
- Whole Grain Snacks

### Important Dates to Remember
- **January 20** – Martin Luther King Jr. Holiday
- **February 17 - 21** – President’s Break
- **March 30** – Cesar Chavez Day, No School

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