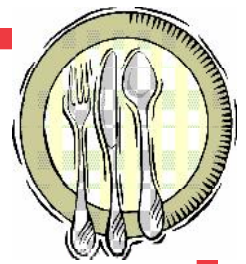


CAFE BLACK BEAR

MENU



“AS ALWAYS, AT BLACK BEAR LAKE THE CHOICE IS YOURS!”



(Served Weeks 1, 3, 5, 7)

(Served Weeks 2, 4, 6, 8)



MONDAY

Baked Chicken Breast Sandwich
Potato Smiley Faces
Fresh Fruit

TUESDAY

Macaroni & Cheese
Garlic Bread
Fresh Fruit

WEDNESDAY

Hamburgers
Baked French Fries
Fresh Fruit

THURSDAY

Pizza Day
Caesar Salad
Fresh Fruit

FRIDAY

Breakfast For Lunch
Fresh Fruit

MONDAY

Baked Chicken Fingers
Potato Smiley Faces
Fresh Fruit

TUESDAY

Baked Ziti
Garlic Bread
Fresh Fruit

WEDNESDAY

NEW!
Baked Potato Bar
Turkey Chili, Cheddar Cheese, & Salsa
Fresh Fruit

THURSDAY

Grilled Cheese *on Whole Wheat Bread*
Caesar Salad
NEW!
Fresh Fruit

FRIDAY

Make Your Own Hoagies
Fresh Fruit

REMEMBER - Every Day Includes:

FRESH FRUIT EVERY DAY A DIFFERENT FRUIT IS SERVED
INCLUDING WATERMELON, BANANAS, APPLES, PEACHES, & CANTALOUPE

DRINK CHOICE OF “BUG JUICE” AND WATER

SALAD BAR INCLUDES FRESH VEGGIES, POTATO SALAD & COLE SLAW

BAGEL BAR INCLUDES CREAM CHEESE, BUTTER,
SOY BUTTER & JELLY, AND CHOCOLATE SOY BUTTER

PASTA CHOICE OF SAUCE OR PLAIN PASTA

SANDWICH BAR INCLUDES SOY BUTTER, JELLY, TURKEY, TUNA & AMERICAN CHEESE
WITH A CHOICE OF WHOLE GRAIN OR WHITE BREAD

CEREAL BAR OF WHOLE GRAIN CHEERIOS OR RICE CHEX CEREAL AND LOW FAT MILK

CAFE BLACK BEAR IS PEANUT BUTTER FREE.

EACH SERVING CONTAINS ZERO TRANS FAT AND NOTHING IS FRIED.

AN AFTERNOON ICE CREAM OR ICE POP IS PROVIDED DAILY.

THE SNACK SHACK INCLUDES BAGEL BAR UNTIL 1:00, AND FRESH FRUIT & VEGGIES UNTIL 3:00.

