

LION DEN CAFÉ MENU

For the week of Oct 15th

Each day we offer 3 varieties of milk;

1% chocolate, 1% white, fat free white

Our kitchen is NUT FREE!!!

We also offer Pure Life bottled water by Nestle

This Institution is an equal opportunity provider

Monday	Calories	Carbs	Protein	Cholesterol	Allergy Issues
#1 Hamburger & Bun	424	31	23	71	wheat/soy-in the bun only
#2 French Toast Sticks	310	45	5	0	wheat/milk/soy/egg
Assorted yogurt	90	17	4	< 5	milk
potato patty	140	15	1	0	
mixed steamed vegies	25	5	1	0	
fresh melon	22	5	0.4	0	
cherry chocolate cake	148	23.18	2.55	20.7	wheat/milk/egg
Tuesday	Calories	Carbs	Protein	Cholesterol	Allergy Issues
#1 BBQ chicken	295	15.83	27.25	86	
#2 Macaroni & cheese	325	32.7	17.22	23	wheat/dairy
cheesy bread sticks	160	20	5	10	wheat/soy/egg/milk
green beans	9	2.18	0.5	0	
chips	240	24	3	0	
apple sauce	90	23	1	0	
Wednesday	Calories	Carbs	Protein	Cholesterol	Allergy Issues
#1 Hot dog & bun	280	23	10	35	wheat/soy/milk
#2 Turkey Pot Pie	350	30	22	50	milk/wheat/soy
mashed potato & cheese	137	17	4.75	11	milk/soy
small side salad	10	2	1	0	
jello with mandarins	80	20	1.2	0	
Thursday	Calories	Carbs	Protein	Cholesterol	Allergy Issues
#1 Chicken Sandwich & bun	450	35	21	100	wheat/egg
#2 Ham and cheese hot pocket	391	44.1	25.8	50	wheat/milk
fries	158	25.1	2.7	10	
small side salad	10	2	1	0	
peaches	46.2	11.5	0	0	
Friday #1 PIZZA DAY!!!	Calories	Carbs	Protein	Cholesterol	Allergy Issues
all pizza #s are per slice					
# 1 Pizza-cheese	290	33	14	35	milk/wheat/soy
Pizza-pepperoni	260	31	12	30	milk/wheat/soy
Pizza-ham/pineapple	250	34	11	25	milk/wheat/soy/pineapple
small side salad	10	2	1	0	
carrot/celery sticks	37	9	1	1.25	
#2 Chef Salad with cheese	140	6	9	30	milk
ham/turkey	95	2	13	36	
tomato	25	1	5	0	

dried cherries	56	13.5	0.47	0	
egg	30	1	3	95	egg
wheat roll	112	16.8	3	15	wheat
pear slices	60	15	0	0	
pumpkin cake	133	19.2	1.46	23	egg/wheat
Misc. sides					
Syrup packet	120	31	0	0	
Blue Cheese Dressing	190	4	1	20	milk/egg/soy
Fat Free 1000 Island Pkt	15	3	0	0	egg/soy
Ranch Dressing	100	1	0	10	milk/msg
Tartar Sauce	63	7.9	0.23	8	soy/egg
Mayo packet	90	0	0	5	milk/egg/soy/msg
Mustard Packet	6	0	0	0	egg/soy
Ketchup Packet	10	3	0	0	