



WARRIOR CAFÉ
 705 BLAKE AVENUE
 COCOA, FLORIDA 32922
 (321) 634-5462



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



LASAGNA
 SALAD
 GARLIC BREAD
 FRUIT
 MILK

4

BONELESS CHICKEN
 RED BEANS & RICE
 FRUIT
 MILK

5

HAMBURGERS
 FRENCH FRIES
 BAKED BEANS
 FRUIT
 MILK

6

MACARONI & HAM
 BAKE
 SWEET PEAS
 FRUIT
 MILK

7

PIZZA
 CORN
 FRUIT
 MILK

1

BBQ PULLED CHICKEN
 COLESLAW
 BAKED BEANS
 FRUIT
 MILK

11

TACOS
 MEXICAN RICE
 FRUIT
 MILK

12

CHICKEN PATTY
 TATER TOTS
 CORN
 FRUIT
 MILK

13

SALISBURY STEAK
 MASHED POTATOES
 MIXED VEGETABLES
 DINNER ROLLS
 FRUIT/MILK

14

PIZZA
 SALAD
 FRUIT
 MILK

15

CHICKEN ALFREDO
 BROCCOLI
 GARLIC BREAD
 FRUIT
 MILK

18

CORN DOGS
 FRENCH FRIES
 BAKED BEANS
 FRUIT
 MILK

19

TERIYAKI CHICKEN
 BROWN RICE
 VEGETABLE BLEND
 FRUIT
 MILK

20

SLICED HAM
 MACARONI & CHEESE
 COLLARD GREENS
 CANDIED YAMS
 CORNBREAD

21

PIZZA
 SALAD
 FRUIT
 MILK

22

25

MERRY CHRISTMAS

26

WINTER BREAK

27

WINTER BREAK

28

WINTER BREAK

29

WINTER BREAK