COUGAR CAFE Old Colony Lunch Menu



THE DELI BAR WRAPS AND SALADS SERVED DAILY For Sandwich or Salad: Turkey, Ham, Tuna, Hard

Boiled Egg, Egg Salad or

August/September 2023

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	Monday	Tuesday	Wednesday	Thursday	Friday	Diced Chicken
OFFERED DAILY			30	31	1	Monday
Assorted Fruit Cups Assorted <b>Fresh Fruit</b> Assorted Veggie Sticks Side Salads			Orange Chicken Bowl & Dinner Roll		No School	Crispy Chicken
i i	4	5	6	7	8	Tuesday
MILK Chocolate, 1% & Lactaid	No School	Dino Chicken Nuggets, Fries, Bread & Steamed Carrots	Grilled Cheese & Chili	Build a Baked Potato	Assorted Pizza & Caesar Salad	Turkey Club Hamburger Wrap or Big Mac Wrap *Fries offered with all sandwiches* Build -A- Burger
	11	12	13	14	15	Wednesday
Lunch Includes: * Main Meal, Salad, Sandwich or Parfait *Milk *Fruit	Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Dinner Roll	Mini Corn Dog, Fries, Marinara Sauce, Baked Beans & Bread	Chicken Broccoli Alfredo & Garlic Bread	Loaded Buffalo Chicken Tater Tots	Assorted Pizza & Caesar Salad	Corn Dog & Buffalo Dip & Nachos
* Vegetable	18	19	20	21	22	Thursday
* Water	Build Your Own Beef Taco's, Salsa, Cheese, Lettuce, Tomato, Corn & Black Beans	Dino Chicken Nuggets, Fries, Bread & Steamed Carrots	Chicken Parmesan, Spaghetti & Broccoli	Hot Dog, Baked Beans & Fries	Assorted Pizza & Caesar Salad	Beef Taco Burritos or Nachos *Fries offered with all sandwiches* Chicken Patty
	25	26	Early Release 27	28	29	Friday
	General TSO's Chicken Bowl & Dinner Roll	Mozzarella Sticks, Fries, Marinara Sauce, Baked Beans & Bread	Bagel Pizza & Side Salad	Meatball Sub, Green Beans & Fries	Assorted Pizza & Caesar Salad	Crispy Chicken
Weekly Alternative Lunch Menu		Tuesday Build-a-burger	Wednesday Ham & Cheese Croissant	Thursday Chicken Patty	Tuna Melt	All students receive 1 FREE Meal Second meal price - Student Lunch \$3.75 Milk 50¢ Adult Lunch \$4.75

Prepay lunches - Cashless Environment - No money accepted at the registers unless in an envelope w/all info.

Please follow us on social media for any changes

\*\* One 8oz Bottle of Water FREE with All Meals at time of service. After service or without a meal \$0.50