COUGAR CAFE Old Colony Lunch Menu	THE STOVETOP HOT LUNCHES October 2024					THE DELI BAR WRAPS AND SALADS SERVED DAILY For Sandwich or Salad: Turkey, Ham, Tuna, Hard Boiled Egg, Egg Salad or
	Monday	Tuesday	Wednesday	Thursday	Friday	Diced Chicken
OFFERED DAILY		1	2	3	4	Monday
Assorted Fruit Cups Assorted Fresh Fruit Assorted Veggie Sticks Side Salads		Chicken Nuggets, Fries & Baked Beans	Cheese Lasagna, Green Beans & Garlic Bread	Loaded Buffalo Chicken Tater Tots or Shredded Buffalo Chicken Sandwich & Tater Tots with Carrots Sticks	Assorted Pizza & Caesar Salad	Crispy Chicken
	7	8	9	10	11	Tuesday
MILK Chocolate, 1% & Lactaid	Build ~A~ Burrito Bowl	Macaroni & Cheese Or Buffalo Mac & Cheese w/ Green Beans	Chicken Chow Mein & Chop Suey Veggies	BBQ Chicken Bacon Ranch Flatbread & Southwestern Corn	Assorted Pizza & Caesar Salad	Turkey Club Hamburger Wrap or Big Mac Wrap *Fries offered with all sandwiches* Build -A- Burger
	14	15	16	17	18	Wednesday
Lunch Includes: * Main Meal, Salad, Sandwich or Parfait *Milk *Fruit	No School	Italian Sub, Corn & Fries	American Chop Suey, Green Beans & Garlic Bread	Build a Baked Potato Veg: Steamed Broccoli	Assorted Pizza & Caesar Salad	Corn Dog & Buffalo Dip & Nachos
* Vegetable * Water	21	22	Early Release 23	24	25	Thursday
vvaler	Orange Chicken Bowl & Dinner Roll	Appetizer Sampler & Carrot Sticks	Bagel Pizza & Side Salad	Hot Dog, Baked Beans & Fries	Assorted Pizza & Caesar Salad	Beef Taco Burritos or Nachos *Fries offered with all sandwiches* Chicken Patty
	28	29	30	31		Friday
	Build ~A~ Ramen Bowl	Chicken Nuggets, Fries & Steamed Carrots	Grilled Cheese & Tomato Soup	Linguica Sandwich, Baked Beans & Fries		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 look for our weekly menu, on-line for any changes

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