






COUGAR CAFE

Week at a glance

Service Line	Monday 28-Sep	Tuesday 29-Sep	Wednesday 30-Sep	Thursday 1-Oct	Friday 2-Oct
	Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Biscuit	Mozzarella Sticks, Fries, Marinara Sauce & Bread	Chicken Broccoli Alfredo & Garlic Bread	Steak & Cheese Sub, Peppers & Onions & Fries	Assorted Pizza
	Chicken Salad Sandwich & Chips	Cheeseburger & Fries	Ham & Cheese Croissant & Chips	Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>	Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Roll	Cheeseburger & Fries	Gilled Ham & Cheese Sandwich & Chips	Steak & Cheese Sub, Peppers & Onions & Fries	Assorted Pizza or Tuna Melt
Soup	Minestrone Soup				
Vegetable of the day	Corn	Baked Beans	Broccoli	Carrot Sticks	Caesar Salad
	Crispy Chicken	Cheeseburger Wrap, Big Mac Wrap Or Chicken Patty	Corn Dog	Beef Taco Burrito or Nachos	Crispy Chicken

Lunch Includes: * Menu Meal, Salad, Sandwich, Smoothie or Parfait
 *Milk *Fruit *Vegetable *Grain(may be part of meal) *Water

Offered Daily: Made to order Sandwich or Salad



Daily Protein Options: Turkey, Ham, Tuna, Hard Boiled Egg, Egg Salad, Diced Chicken & Cheese
 Vegetables: Lettuce, Spinach, Cucumbers, Tomatoes, Shredded Carrots, Onion
 Grain: Wrap, Bulky Roll, Sandwich Bread & Croutons
 Other: Black Olives, Banana Peppers, Roasted Red Peppers, Jalapenos & Assorted Dressings

	<h3>Available in both Grab & Go Refrigerators</h3> <p>Salads: Chicken Caesar Salad & Antipasto Salad Fruit Smoothies & Parfaits</p>	
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