






# COUGAR CAFE

## Week at a glance

Service Line	Monday 12-Oct	Tuesday 13-Oct	Wednesday 14-Oct	Thursday 15-Oct	Friday 16-Oct
 THE STOVETOP HOT LUNCHES	No School	Mozzarella Sticks, Fries, Marinara Sauce & Bread	Early Release	Meatball Sub, Green Beans & Fries	Assorted Pizza
 THE STOVETOP HOT LUNCHES	Meal included with weekend meals	Cheeseburger & Fries	Students can take home Pizza or PB&J	Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>		Cheeseburger & Fries		Chicken Tenders & Fries	Assorted Pizza or Tuna Melt
Soup		Corn Chowder			
Vegetable of the day		Baked Beans		Green Beans	Caesar Salad
 THE DELI BAR WRAPS AND SALADS		Cheeseburger Wrap, Big Mac Wrap Or Chicken Patty		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

 THE STOVETOP HOT LUNCHES	Available in both Grab & Go Refrigerators		 THE DELI BAR WRAPS AND SALADS
Turkey, Cheese & Lettuce Wrap	Chicken Caesar Wrap	Ham, Cheese & Lettuce Wrap	Tuna & Lettuce Wrap
Salads: Chicken Caesar Salad & Antipasto Salad			
Fruit Smoothies & Parfaits			