



COUGAR CAFE

Week at a glance

Service Line	Monday 19-Oct	Tuesday 20-Oct	Wednesday 21-Oct	Thursday 22-Oct	Friday 23-Oct
	Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Biscuit	Chicken Nuggets, Fries & Bread	Baked Cheese Ravioli & Garlic Bread	Sloppy Joe & Fries	Assorted Pizza
		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	Chicken Nuggets, Fries & Bread	Grilled Cheese & Chips	Pulled Pork & Fries	Assorted Pizza
Soup	Chicken & Rice Soup				
Vegetable of the day	Corn	Steamed Carrots	Green Beans	Spinach & Feta Salad	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

	Available in both Grab & Go Refrigerators				
Turkey, Cheese & Lettuce Wrap	Chicken Caesar Wrap	Ham, Cheese & Lettuce Wrap	Tuna & Lettuce Wrap		
Salads: Chicken Caesar Salad & Antipasto Salad					
Fruit Smoothies & Parfaits					