






COUGAR CAFE

Week at a glance

Service Line	Monday 23-Nov	Tuesday 24-Nov	Wednesday 25-Nov	Thursday 26-Nov	Friday 27-Nov
 Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Biscuit		Mozzarella Sticks, Fries, Marinara Sauce & Bread	No School - Order Remote meals by Monday morning at 9:00 am. Pick up will be on Tuesday 9:00-10:00 or 4:30-5:30. Look to the remote meal page for more information as it get closer.		
		Cheeseburger & Fries			
<i>Gluten Free ** Special order Please ask for details</i>	Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Roll	Cheeseburger & Fries			
Soup					
Vegetable of the day	Corn	Baked Beans			
 Crispy Chicken		Burrito or Nachos			

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			