COUGAR CAFE
Old Colony Lunch Menu

THE STOVETOP
HOT LUNCHES
October 2020

THE DELI BAR
WRAPS AND SALADS
SERVED DAILY
For Sandwich or Salad: Turkey, Ham, Tuna, Hard Boiled Egg, Egg Salad or Diced Chicken

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OFFERED DAILY

Assorted Fruit Cups
Assorted **Fresh Fruit**
Assorted Veggie Sticks
Side Salads

MILK
Chocolate, Strawberry, 1% & Lactaid

Lunch Includes:
* **Main Meal, Salad, Sandwich or Parfait**
* **Milk**
* **Fruit**
* **Vegetable**
* **Water**

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Steak& Cheese Sub, Peppers & Onions & Fries	**2** Assorted Pizza & Caesar Salad
	5 Build Your Own Beef Taco's, Salsa, Cheese, Lettuce, Tomato, Corn & Black Beans	**6** Chicken Nuggets, Fries Bread & Steamed Carrots	**7** Chicken Parmesan, Spaghetti & Broccoli	**8** Hot Dog & Fries	**9** Assorted Pizza & Caesar Salad
	12 No School	**13** Mozzarella Sticks, Fries, Marinara Sauce, Baked Beans & Bread	**14** In School Students will have opportunity to bring home Pizza or PB&J meal	**15** Meatball Sub, Green Beans & Fries	**16** Assorted Pizza & Caesar Salad
	19 Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Biscuit	**20** Chicken Nuggets, Fries, Bread & Steamed Carrots	**21** Baked Cheese Ravioli & Garlic Bread	**22** Sloppy Joe & Fries	**23** Assorted Pizza & Caesar Salad
	26 Turkey & Gravy over Mashed Potatoes with Stuffing and Steamed Carrots	**27** Macaroni & Cheese, Green Beans & Bread Stick	**28** Chicken Chow Mein & Chop Suey Veggies	**29** Italian Sub & Fries	**30** Assorted Pizza & Caesar Salad

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Monday	Crispy Chicken
Tuesday	Cheeseburger Wrap, Big Mac Wrap
Wednesday	Corn Dog
Thursday	Beef Taco Burritos or Nachos
Friday	Crispy Chicken

Weekly Alternative Lunch Menu	Monday	Tuesday Build-a-burger	Wednesday Ham & Cheese Croissant	Thursday Chicken Patty

Student Lunch $3.50
Milk 50¢
Adult Lunch $4.50

Prepay lunches - Cashless Environment - No money excepted at the registers this year

** One Bottle of Water FREE with All Meals at time of service. After service or without a meal $1.00

Please look for our weekly menu, on-line for any changes