






COUGAR CAFE

Week at a glance

Service Line	Monday 11-Jan	Tuesday 12-Jan	Wednesday 13-Jan	Thursday 14-Jan	Friday 15-Jan
 THE STOVETOP HOT LUNCHES	Cherry Blossom Chicken Bowl & Dinner Roll	Cheese Pizza Quesadilla & Fries	In School Students will have opportunity to bring home Pizza or PB&J meal	Lingua Sandwich & Fries	Assorted Pizza
 THE STOVETOP HOT LUNCHES		Cheeseburger & Fries		Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>	Teriyaki Chicken Bowl	Home-made Chicken & Cheese Quesadilla with Fries		Chicken Tenders & Fries	Assorted Pizza
Soup	Chicken Noodle Soup				
Vegetable of the day	Steamed Broccoli	Steamed Carrots		Baked Beans	Caesar Salad
 THE DELI BAR WRAPS AND SALADS	Crispy Chicken	Burrito or Nachos		Pilgrim Wrap	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