






# COUGAR CAFE

## Week at a glance

Service Line	Monday 8-Feb	Tuesday 9-Feb	Wednesday 10-Feb	Thursday 11-Feb	Friday 12-Feb
	Taco's, Salsa, Cheese, Lettuce, Corn & Black Beans in a Taco Shell or over Rice	Build Your Own Burger & Fries	In School Students will have the opportunity to bring home a Pizza or a PB&J meal	Meatball Sub, Green Beans & Fries	Assorted Pizza
		Cheeseburger & Fries		Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>	Teriyaki Chicken Bowl	Cheeseburger & Fries		Meatball Sub, Green Beans & Fries	Assorted Pizza
Soup	Corn Chowder				
Vegetable of the day	Corn or Black Beans	Baked Beans	Side Salad or Carrot Sticks	Green Beans	Caesar Salad
	Crispy Chicken	Burrito or Nachos	Corn Dog	Hamburger Wrap or BigMac 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

	<b>Available in both Grab &amp; Go Refrigerators</b>				
Turkey, Cheese & Lettuce Wrap	Chicken Caesar Wrap	Ham, Cheese & Lettuce Wrap	Tuna & Lettuce Wrap		
Salads: Chicken Caesar Salad & Antipasto Salad					
Fruit Smoothies & Parfaits					