






COUGAR CAFE

Week at a glance

Service Line	Monday 15-Mar	Tuesday 16-Mar	Wednesday 17-Mar	Thursday 18-Mar	Friday 19-Mar
	Cherry Blossom Chicken Bowl & Dinner Roll	Cheese Pizza Quesadilla & Fries	In School Students will have opportunity to bring home a PB&J or Pizza Meal	Lingua Sandwich & Fries	Assorted Pizza
		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	Green Beans	Baked 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



	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				