






COUGAR CAFE

Week at a glance

Service Line	Monday 6-Jan	Tuesday 7-Jan	Wednesday 8-Jan	Thursday 9-Jan	Friday 10-Jan
		Chicken Nuggets, Fries & Bread	Grilled Cheese & Chili	Build a Baked Potato	Assorted Pizza
Alternative Option		  Cheeseburger & Fries	 Ham & Cheese Croissant with Chips	  Chicken Patty & Fries	
<i>Gluten Free ** Special order Please ask for details</i>		Chicken Nuggets, Fries & Bread	Grilled Cheese & Chips	Build a Baked Potato	Assorted Pizza
Soup		Creamy Tomato Basil Soup			
Vegetable of the day		Steamed Carrots	Spinach & Feta Salad	Baked Beans	Caesar Salad
		Burrito or Nachos <i>*Fries offered with all sandwiches*</i>	Crispy Chicken	Hamburger Wrap or BigMac Wrap <i>*Fries offered with all sandwiches*</i>	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

Salads: Chicken Caesar Salad & Antipasto Salad

Fruit Smoothies & Parfaits

