

Cougar Cafe

August / September 2018 Lunch Entrée Menu

Please visit our webpage <http://www.healtheliving.net/instance/2023721/district/21> for a detailed list of fruit, vegetable, milk and condiment accompaniments and much more!



Monday	Tuesday	Wednesday	Thursday	Friday
		AUGUST 29 Chicken Nuggets & Mashed Potatoes	30 Orange Chicken & Brown Rice MJM Grahams	31 Domino's Cheese or Pepperoni Pizza
September Labor Day Holiday	4 Taco Bar Or Bean & Cheese Burrito	5 Chicken Tenders & Oven Baked Tater Tots	6 Teriyaki Beef Dippers & Rice with Roll	7 Domino's Cheese or Pepperoni Pizza
10 Spaghetti & Marinara Sauce w Seasoned Green Beans	11 Taco Bar Or Taco Snack	12 Oven Baked Chicken & Mashed Potatoes with Dinner Roll	13 Brunch for Lunch Pancakes & Sausage Patty & Juice	14 Domino's Cheese or Pepperoni Pizza
17 Cheeseburger or Chicken Patty on a bun & Oven Fries	18 Taco Bar Or Cheese Quesadilla Cookie	19 Oven Baked Chicken Nuggets & Tater Tots	20 3 Bean Chili Cheese Nachos	21 Domino's Cheese or Pepperoni Pizza
24 Macaroni & Cheese Broccoli&Cauliflower	25 Taco Bar Or Bean & Cheese Burrito	26 Chicken Tenders & Oven Roasted Potatoes	27 Brunch for Lunch French Toast & Juice & Sausage Patty	28 Domino's Cheese or Pepperoni Pizza

Student Prices:
Breakfast \$2.00
Lunch \$3.50

Notice:

The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy.

*Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

DAILY MEATLESS ENTRÉE OPTIONS plus Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Protein Pack: Hard Boiled Egg, String Cheese, Chewy Granola Bar & Baby Carrots Or PBJ	Power Pack: Yogurt, String Cheese, Muffin & Fruit Or PBJ	Hummus Box: Hummus, String Cheese, Savory Crackers & Fruit Or PBJ	Grilled Cheese Sandwich Or PBJ	Domino's Cheese Pizza Or PBJ

9/6/18

We encourage all our families to set up a "My School Bucks" account for the cafeteria meals. This can keep the cafeteria lines moving since money won't be changing hands. You can set up "low balance" reminders so your child always has the option to dine in the cafeteria. Thank you for your support!