

# Cougar Cafe

## December 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
3 Mini Corn Dogs Tater Tots	4 Taco Bar Or Bean&Cheese Burrito Baked Churro	5 Popcorn Chicken Tater Tots	6 Brunch for Lunch Pancakes & Juice & Sausage Patty	7 Domino's Cheese or Pepperoni Pizza
10 Spaghetti Garlic Cheese Toast	11 Taco Bar Or Taco Snack	12 Baked Chicken Nuggets, Mashed Potatoes & Roll	13 Teriyaki Beef Dippers & Brown Rice	14 Domino's Cheese or Pepperoni Pizza
17 Cheeseburger or Chicken Patty on a Bun & Oven Fries	18 Taco Bar Or Quesadilla Baked Churro	19 Oven Baked Chicken Tenders & Baked Potatoes	20 3 Bean Chili Nachos	21 Domino's Cheese or Pepperoni Pizza
	Winter	Recess 12/24/18-1/4/19	Holidays	

<b>Student Prices:</b>
<b>Breakfast \$2.00</b>
<b>Lunch \$3.50</b>

### 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

11/26/18

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!