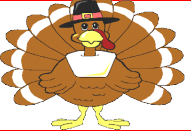
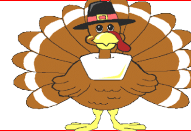


Cougar Cafe

November 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
October 29 Cheeseburger or Chicken Patty on a Bun & Oven Fries	30 Taco Bar Or Quesadilla Baked Churro	31 Oven Baked Chicken Tenders & Potatoes	November 1 No School In-Service Day	2 Domino's Cheese or Pepperoni Pizza
5 Macaroni & Cheese Broccoli&Cauliflower	6 Taco Bar Or Bean & Cheese Burrito	7 Chicken Tenders & Sweet Potato Wedges	8 Brunch for Lunch French Toast & Juice & Sausage Patty	9 Domino's Cheese or Pepperoni Pizza
12 No School Veterans Day Holiday	13 Taco Bar Or Taco Snack Baked Churro	14 Popcorn Chicken & Oven Baked Tater Tots	15 Teriyaki Chicken & Brown Rice Broccoli	16 Domino's Cheese or Pepperoni Pizza
	Thanksgiving	Holidays 11/19-11/23	Week	
26 3 Bean Chili Nachos	27 Taco Bar Or Quesadilla Baked Churro	28 Baked Chicken Nuggets & Mashed Potatoes & Roll	29 Orange Chicken & Brown Rice	30 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

10/24/18

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!