

Cougar Cafe

October 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
1 All American Hot Dog or Cheeseburger Baked Beans	2 Taco Bar Or Taco Snack Baked Churro	3 Popcorn Chicken Sweet Corn	4 Teriyaki Chicken & Brown Rice	5 Domino's Cheese or Pepperoni Pizza
8 Cheese Breadsticks with Marinara Sauce	9 Taco Bar Or Quesadilla Baked Churro	10 Chicken Nuggets & Mashed Potatoes	11 Orange Chicken & Brown Rice	12 Domino's Cheese or Pepperoni Pizza
15 Mini Corn Dogs & Oven Baked Tater Tots	16 Taco Bar Or Bean & Cheese Burrito Baked Churro	17 Popcorn Chicken & Oven Baked Tater Tots	18 Brunch for Lunch Pancakes & Sausage Patty & Juice	19 Domino's Cheese or Pepperoni Pizza
22 Spaghetti & Marinara Meat Sauce with Green Beans	23 Taco Bar Or Taco Snack Baked Churro	24 Oven Baked Whole Chicken & Mashed Potatoes & Roll	25 Teriyaki Beef Dippers & Brown Rice	26 Domino's Cheese or Pepperoni Pizza
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

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

9/26/18

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!