



Cougar Café

Elementary Lunch Menu

September 2019

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
the Classics		Chicken Tenders Cheesy Potatoes Green Beans	Poppyseed Chicken Fried Okra Garlic Bread	Spaghetti w/Meatballs Fried Okra Garlic Bread	Little Ceasar's Pizza Salad
PB&J available daily		Grilled Chicken Sandwich Fruit Cheddar Goldfish Oreo Cookies	Corn Dog Fruit Sour Cream & Onion Mini Rice Krispy	Hot Dog Fruit Cheetos Fudge Round	Ham & Cheese Sandwich Fruit Cheezits Animal Crackers
Combo Feature (1st grade up)		Cheeseburger	Cheese Pizza	Bacon Cheeseburger	Buffalo Wings
	9	10	11	12	13
the Classics	Country Fried Steak Green Beans Roll	Hamburger Steak Mashed Potatoes English Peas	Pork Chops Rice & Gravy Butter Beans	Chicken Spaghetti Corn Nuggets Garlic Bread	Little Ceasar's Pizza Tossed Salad
PB&J available daily	Ham & Cheese Wrap Fruit Lays Original Teddy Grahams	Breaded Chicken Sandwich Fruit Nacho Cheese Doritos Mini Rice Krispy	Hot Dog Fruit BBQ Chips Nutty Buddy	Fish Sandwich Fruit Cheetos Graham Crackers	Ham & Cheese Sandwich Fruit Cheezits Fruit RollUp
Combo Feature (1st grade up)	Chicken Tenders	Cheese Pizza Square	Hot Dog	Philly Cheesesteak	Buffalo Wings

Everyday Options

Classic meals and Cougar Canteen selections come with choice of juice, milk or bottled water.
 Smucker's Uncrustable Peanut Butter and Jelly sandwich as a substitute for Cougar Canteen entrée
 Pre-prepared tossed salad with diced ham, shedded Cheese, Grape Tomato & croutons. Ranch Dressing. Grades 1-3
 Salad Bar and Baked Potato - Grades 4th and up please.

Pricing



MEAL DEALS	Kindergarten	1st-6th	7th-12th	INCLUDES:
Hot Lunch	\$4.25	\$4.75	\$4.75	Classic Entrée, 2 Sides and Drink
Grille Feature		\$4.75	\$4.75	Grille Combo Feature: Entrée, Potato du jour, Drink
Lunch Bucket	\$4.25	\$4.75	-	Entrée, Chip, Fruit, Snack & Drink
A La Carte	Priced Individually			



Cougar Café

Elementary Lunch Menu

September 2019

	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
the Classics	Chicken Taco Mexican Rice Refried Beans	Pot Roast Potatoes/Carrots Roll	Korean Chicken Bowl Broccoli & Cheese	Lasagna Fried Okra Garlic Bread	 
 PB&J available daily	Pizza Stick Fruit Lays Original Teddy Grahams	Grilled Chicken Sandwich Fruit Cheddar Goldfish Oreo Cookies	Corn Dog Fruit Sour Cream & Onion Fudge Round	Hot Dog Fruit BBQ Chips Animal Crackers	
Combo Feature (1st grade up)	Spicy Chicken Sandwich	Cheeseburger	Hamburger	Chicken Nuggets	
	23	24	25	26	27
the Classics	Beef Tips w/Rice & Gravy Fried Squash Roll	Taco Salad Corn	Chicken Fries Tater Tots Green Beans	Red Beans & Rice Corn on the cob Garlic Bread	Fried Catfish Krinkle Kut Fries Hushpuppies
 PB&J available daily	Ham & Cheese Wrap Fruit Lays Original Oatmeal Crème Pie	Breaded Chicken Sandwich Fruit Nacho Cheese Doritos Mini Rice Krispy	Hamburger Fruit BBQ Chips Nutty Buddy	Corn Dog Fruit Cheetos Fudge Round	Turkey & Cheese Sandwich Fruit Cool Ranch Doritos Fruit Roll Up
Combo Feature (1st grade up)	Chicken Tenders	Cheese Pizza Square	Philly Cheese Steak	Chicken Nuggets	Chicken BLT

Everyday Options

Classic meals and Cougar Canteen selections come with choice of juice, milk or bottled water.
 Smucker's Uncrustable Peanut Butter and Jelly sandwich as a substitute for Cougar Canteen entrée
 Pre-prepared tossed salad with diced ham, shredded Cheese, Grape Tomato & croutons. Ranch Dressing. Grades 1-3
 Salad Bar and Baked Potato - Grades 4th and up please.

Pricing

MEAL DEALS	Kindergarten	1st-6th	7th-12th	INCLUDES:
Hot Lunch	\$4.25	\$4.75	\$4.75	Classic Entrée, 2 Sides and Drink
Grille Feature		\$4.75	\$4.75	Grille Combo Feature: Entrée, Potato du jour, Drink
Lunch Bucket	\$4.25	\$4.75	-	Entrée, Chip, Fruit, Snack & Drink
A La Carte				Priced Individually