



Cougar Café

Break and Lunch Menu

September 2025

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Break		Nachos Cheese Sticks	Biscuit & Gravy Pancakes	Nachos Donut Holes	Ham & Cheese Croissant Danish
<i>the—</i> Classics		Beef Soft Taco Spanish Rice W/ Cheese	Lasagna Broccoli w/roll Jambalaya for 7-12th	Hibatchi Chicken/Shrimp Fried Rice Veggies (optional)	Little Caesars Chips
 PB&J available daily		Hamburger Fruit/Fruit Snack Chips Dessert	Fish Sandwich Fruit/Fruit Snack Chips Dessert	Hotdog Fruit/Fruit Snack Chips Dessert	Ham & Cheese Sandwich Fruit/Fruit Snack Chips Dessert
Combo Feature (1st grade up)		Fried Chicken Sandwich	Pizza Stick	Cheese Pizza	Cheeseburger
GRILLE ETC Deli Selection Potato du jour		Mini Tacos Chicken Chipotle Spicy Fries	Firecracker Strawberry Pie Fries	Egg Roll Turkey Bacon Ranch Wrap Chips	BBQ Wing PBJ Chips
	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Break	Biscuit & Gravy Breakfast Tornado	Nachos Egg/Cheese Omlet	Breakfast Casserole French Toast Sticks	Nachos Cheese Sticks	Sausage Biscuits Donut Holes
<i>the—</i> Classics	Chicken Tenders Mash Potatoes Roll	"Chef's Special" Grilled Chicken over Rice w/Queso	Chicken Nuggets Mac & Cheese Veggie	Ravioli w/sauce Green Beans Cobbler	Burger Sidewinder Fries
 PB&J available daily	Grilled Cheese Fruit/Fruit Snack Chips Dessert	Fried Chicken Sandwich Fruit/Fruit Snack Chips Dessert	Ham & Cheese Sand. Fruit/Fruit Snack Chips Dessert	Fish Sandwich Fruit/Fruit Snack Chips Dessert	Turkey & Cheese Wrap Fruit/Fruit Snack Chips Dessert
Combo Feature (1st grade up)	Corn Dog	Cheese Pizza Square	Grilled Chicken Sandwich	Spicy Chicken Sandwich	Sausage Dogs
GRILLE ETC Deli selection Potato du jour	Mac & Cheese Bites Ch./Bacon/Ranch Wrap Chips	Jalepeno Cheddar Poppers Turkey BLT Tots	Cowboy Corn Nuggets Chicken Crisпитos Spicy Fries	Pretzel Bites Ham & Cheese Wrap Chips	BBQ Wings Grilled Chicken Wrap Chips
	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Break	Cheesy Grits & Sausage Danish	Nachos Funnel Cake Fries	Sausage Biscuit Cinnamon Rolls	Nachos Cheese Toast	Ham & Cheese Puffs Donut Holes
<i>the—</i> Classics	Chicken Alfredo Corn Roll	Crispitos Spanish Rice	Cheesy Chicken & Rice Broccoli	Lasagna Fried Okra Garlic Bread	Little Caesars Chips
 PB&J available daily	Pizza Stick Fruit/Fruit Snack Chips Dessert	Grilled Chicken Sandwich Fruit/Fruit Snack Chips Dessert	Corn Dog Fruit/Fruit Snack Chips Dessert	Hot Dog Fruit/Fruit Snack Chips Dessert	Turkey & Cheese Sandwich Fruit/Fruit Snack Chips Dessert
Combo Feature (1st grade up)	Spicy Chicken Sandwich	Burger	Pulled Pork Sandwich	Chicken Fries	Meatball Sub
GRILLE ETC Deli selection Potato du jour	Cheese Curds Chicken Salad Croissants Chips	Southwest Egg Roll Ham & Cheese Sub Curly fries	Pickle Fries Tornado Colossal Fries	Pizza Stick Turkey Bacon Ranch Wrap Waffle Fries	Cheese Pizza Chips w/ Queso Chips

	22	23	24	25	26
Break	Full Breakfast Hashbrowns	Nachos Cheese Sticks	Biscuits & Gravy French Toast Sticks	Nachos Pancakes	Junior Class
the Classics	Beef Tips Rice W/gravy Broccoli	Taco Salad Corn	Popcorn Chicken Tater Tots Green Beans	Country Fried Steak Mashed Potatoes Corn	Homecoming Day Dismiss @ 11:30
Cougar BA Canteen PB&J available daily	Ham & Cheese Wrap Fruit/Fruit Snack Chips Dessert	Breaded Chicken Sandwich Fruit/Fruit Snack Chips Dessert	Hamburger Fruit/Fruit Snack Chips Dessert	Fish Sandwich Fruit/Fruit Snack Chips Dessert	Homecoming Day Dismiss @ 11:30
Combo Feature (1st grade up)	Hot Dog	Cheese Pizza Square	Pizza Stick	Spicy Chicken Sandwich	
GRILLE ETC Deli selection Potato du jour	Mozzarella Sticks Ham & Cheese Sub Tots	Breaded Chicken Sandwich SW Egg Roll Fries	Potato Skins Chicken Crisпитos Chips	Fried Pickle Spears Turkey & Bacon Wrap Fries	Homecoming Day
	29	30			
Break	Cheesy Grits & Sausage Breakfast Pizza	Nacho Breakfast Tornado			
the Classics	Chicken & Dumplings Sweet Potato Casserole Roll	Chef Special Rice W/ Cheese			
Cougar BA Canteen PB&J available daily	Corn Dog Fruit/Fruit Snack Chips Dessert	Burger Fruit/Fruit Snack Chips Dessert			
Combo Feature (1st grade up)	Chicken Tenders	Pepperoni Pizza			
GRILLE ETC Deli selection Potato du jour	Chicken Salad Croissant Pretzel Bites Fries	Turkey & Cheese Wrap Chicken Tornado Chips			

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

Pricing				
	Kindergarten	1st-6th	7th-12th	INCLUDES:
Hot Lunch	\$5.50	\$6.00	\$6.00	Classic Entrée, 2 Sides and Drink
Grille Feature		\$6.00	\$6.00	Grille Comb: Entrée, Potato/Chip w/Drink
Lunch Bucket	\$5.50	\$6.00	-	Entrée, Chip, Fruit, Snack & Drink
A La Carte	Grille Etc. Priced Individually			

Menu Items are subject to change due to supply