



Cougar Café

Break and Lunch Menu

September 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Break					1 Ham & Cheese Croissant Donut Holes
<i>the—</i> Classics					Little Caesars Pizza Chips
 PB&J available daily					Ham & Cheese Sandwich Fruit/Fruit Snack Chips Dessert
Combo Feature (1st grade up)					Hot Dog
GRILLE ETC					BBQ Wing Chips & Queso PBJ Chips
	4	5	6	7	8
Break		Nachos Egg/Cheese Omllet	Breakfast Casserole French Toast Sticks	Nachos Cheese Sticks	Sausage Biscuits Danish
<i>the—</i> Classics	HAPPY LABOR DAY	"Chef's Special" Grilled Chicken over Rice w/Queso	Chicken Nuggets Mashed Potatoes Corn	Philly Steak & Cheese Loaded Cheese Fries	Hamburger Colossal Fries
 PB&J available daily		Fried Chicken Sandwich Fruit/Fruit Snack Chips Dessert	Corndog 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)		Cheese Pizza Square	Grilled Chicken Sandwich	Spicy Chicken Sandwich	Sausage Dogs
GRILLE ETC Deli selection Potato du jour		Chipotle Chicken Wrap Jalepeno Cheddar Poppers Turkey BLT Chips	Cowboy Corn Nuggets Chicken Crisпитos Giant Soft Pretzel Spicy Fries	Onion Rings Turkey & Bacon Wrap Chips	BBQ Wings Grilled Chicken Wrap Tots
	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Break	Cheesy Grits & Sausage Pancakes	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	Pulled Pork Baked Beans Roll	Lasagna Fried Okra Garlic Bread	BBQ Baked Chicken Mac & Cheese Corn
 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	Chicken Nuggets	Chicken Strips	Hamburger	Meatball Sub
GRILLE ETC Deli selection Potato du jour	Egg Rolls Cheese Curds Ham & Cheese Sub Chips	Southwest Egg Roll Mini Tacos Chicken Salad Croissant Curly fries	Pickle Fries Ham & Cheese Wrap Colossal Fries	Pizza Stick Turkey Bacon Ranch Wrap Waffle Fries	Cheese Pizza Onion Tanglers Potato Skins Chips

	18	19	20	21	22
Break	Chicken Biscuit Hashbrowns	Nachos Cheese Sticks	Biscuits & Gravy French Toast Sticks	Nachos French Toast Sticks	Breakfast Casselrole Cinnamon Roll
the Classics	Hamburger Steak Mashed Potatoes English Peas	Taco Salad Corn	Popcorn Chicken Tater Tots Green Beans	Country Fried Steak Mashed Potatoes Corn on the Cob	Little Ceasers Chips
 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	Turkey & Cheese Sandwich Fruit/Fruit snack Chips Dessert
Combo Feature (1st grade up)	Hot Dog	Cheese Pizza Square	Cheeseburger	Spicy Chicken Sandwich	Grilled Chicken Wrap
GRILLE ETC Deli selection Potato du jour	Mozzarella Sticks Ham & Cheese Sub Tots	Breaded Chicken Sandwich Southwest Egg Roll Fries	Potato Skins Chicken Crisptos Giant Soft Pretzel Chips	Fried Pickle Spears Jalepeno Poppers Turkey & Bacon Wrap Fries	Wings Chilli Cheese Nacho Peanut Butter & Jelly Chips
	25	26	27	28	29
Break	Cheesy Grits & Sausage Breakfast Pizza	Nachos Cheese Sticks	Biscuit & Gravy Pancakes	Nachos Donut Holes	Ham & Cheese Croissant Hashbrowns
the Classics	Chicken & Dumplings Sweet Potato Casserole Roll	Beef Burritos w/Cheese Spanish Rice	Chicken Bacon Ranch Ranch Potatoes Broccoli	Popcorn Shrimp Fries Hushpuppies	Hamburger Waffle Fries
 PB&J available daily	Corn Dog Cheeto Puffs Fruit/Fruit Snack Dessert	Hamburger Goldfish Fruit/Fruit Snack Dessert	Fish Sandwich BBQ Chips Fruit/Fruit Snack Dessert	Hotdog Doritos Fruit/Fruit Snack Dessert	Ham & Cheese Sandwich Cheezits Fruit/Fruit Snack Dessert
Combo Feature (1st grade up)	Chicken Fries	Fried Chicken Sandwich	Pizza Stick	Cheese Pizza	Corn Dog
GRILLE ETC Deli selection Potato du jour	Onion Straws Chicken Salad Croissant Fried Ravioli Chips	Mini Tacos Chicken Chipotle Potato Skins Chips	Egg Rolls Crisptos Mini Tacos Fries	Turkey Bacon Ranch Wrap Cheese Curds Spicy Fries	Wings Mac & Cheese Bites Chipotle Chicken Wrap Chips

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

	Kindergarten	1st-6th	7th-12th	INCLUDES:
Hot Lunch	\$5.00	\$5.50	\$5.50	Classic Entrée, 2 Sides and Drink
Grille Feature		\$5.50	\$5.50	Grille Comb: Entrée, Potato/Chip w/Drink
Lunch Bucket	\$5.00	\$5.50	-	Entrée, Chip, Fruit, Snack & Drink
A La Carte				Grille Etc. Priced Individually

Menu Items are subject to change due to supply