

# Cougar Cafe

## January 2019 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
7 Macaroni & Cheese Broccoli&Cauliflower	8 Taco Bar Or Bean & Cheese Burrito	9 Chicken Tenders & Sweet Potato Wedges	8 Brunch for Lunch French Toast & Juice & Sausage Patty	10 Domino's Cheese or Pepperoni Pizza
14 Cheeseburger All American Hotdog Baked Beans	15 Taco Bar Or Taco Snack Baked Churro	16 Popcorn Chicken & Oven Baked Tater Tots	17 Teriyaki Chicken & Brown Rice Broccoli	18 Domino's Cheese or Pepperoni Pizza
21 Martin Luther King, Jr. Holiday	22 Taco Bar Or Quesadilla Baked Churro	23 Baked Chicken Nuggets & Mashed Potatoes & Roll	24 Orange Chicken & Brown Rice	25 Domino's Cheese or Pepperoni Pizza
28 Mini Corn Dogs Tater Tots	29 Taco Bar Or Bean&Cheese Burrito Baked Churro	30 Popcorn Chicken Tater Tots	31 Brunch for Lunch Pancakes & Juice & Sausage Patty	FEBRUARY 1 Domino's Cheese or Pepperoni Pizza

<b>Student Prices:</b>
<b>Breakfast \$2.00</b>
<b>Lunch \$3.50</b>

### 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

12/20/18

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!