

COUGAR CAFE (MAIN ENTREE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PERUVIAN ROASTED CHICKEN BITES RICE PILAF FRESH VEGETABLE FRESH FRUIT
4 SCHOOL HOLIDAY	5 TACO TUESDAY GROUND BEEF TACO PINTO BEANS MEXICAN RICE FRESH FRUIT (VEGETABLE PROTEIN AVAILABLE)	6 PASTA BAR ALFREDO OR RED SAUCE PENNE PASTA, GRILLED CHICKEN, BROCCOLI, BREADSTICK, FRESH FRUIT (GLUTEN FREE PASTA AVAILABLE)	7 COUGAR BOWL: POPCORN CHICKEN CORN MASHED POTATOES CHEDDAR CHEESE & GRAVY FRESH FRUIT	8 PIZZA DAY PEPPERONI OR CHEESE PIZZA CAESAR SALAD, FRESH FRUIT OR SALMON, RICE PILAF, FRESH VEGETABLE \$8.00
11 ORANGE CHICKEN BITES JASMINE RICE FRESH VEGETABLE FRESH FRUIT	12 HAND BREADED CHICKEN SANDWICH TATER TOTS FRESH FRUIT	13 SPAGHETTI & MEATBALLS BREADSTICK FRESH VEGETABLE FRESH FRUIT	14 BREAKFAST FOR LUNCH HOMEMADE FRENCH TOAST STICKS, EGGS, BACON OR TURKEY SAUSAGE, & FRESH FRUIT OR KICKIN' GRILLED CHICKEN, RICE PILAF, & FRESH VEGETABLE \$8.00	15 FRESH FISH STICKS HOMEMADE TARTER SAUCE HAWAIIAN ROLL, FRESH VEGETABLE FRESH FRUIT OR PULLED PORK SLIDERS & BAKED BEANS
18 CHICKEN CACCIATORE HERB RICE CAULIFLOWER FRESH FRUIT	19 NACHOS & QUESO W/ GROUND BEEF PINTO BEANS FRESH FRUIT	20 PASTA BAR ALFREDO OR RED SAUCE PENNE PASTA, GRILLED CHICKEN, BROCCOLI, BREADSTICK, FRESH FRUIT (GLUTEN FREE PASTA AVAILABLE)	21 ROASTED CHICKEN BITES TATER TOTS FRESH VEGETABLE FRESH FRUIT	22 PIZZA DAY PEPPERONI OR CHEESE PIZZA CAESAR SALAD, FRESH FRUIT OR SALMON, RICE PILAF, FRESH VEGETABLE \$8.00
25 TENDER STEAK BITES ROASTED POTATOES FRESH VEGETABLE FRESH FRUIT	26 CHICKEN QUESADILLAS MEXICAN RICE BLACK BEANS FRESH FRUIT	27 MARINATED ROASTED DRUMMETS GREEN BEANS BAKED BEANS FRESH FRUIT	28 BREAKFAST FOR LUNCH PANCAKES, EGGS, BACON OR TURKEY SAUSAGE, & FRESH FRUIT OR KICKIN' GRILLED CHICKEN, RICE PILAF, & FRESH VEGETABLE \$8.00	29 FRESH CUT CHICKEN NUGGETS MAC & CHEESE FRESH VEGETABLE FRESH FRUIT

TEXAS GRILL (GRAB & GO)

DAILY

Sun Butter and Jelly Sandwich
Ham Sandwich on Whole Wheat
Turkey Sandwich on Whole Wheat
Texas Rubbed Chicken Sandwich

FLAVORS OF THE MONTH

Cauliflower
Mangos
Pinto Beans
Basil

EXECUTIVE MANAGER
Gabriel McKnight (832) 413-4097
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LOCAL VENDORS
The Common Market #44 Farms

Fruits and vegetables provided by the local Atkinsons farm



**Entree includes one side and choice of vegetable or fruit.
Gluten-free options available everyday including bun substitution and gluten-free pasta.
In addition to this menu, we offer snacks, healthy snacks and beverages.**