

COUGAR CAFÉ (MAIN ENTRÉE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 PERUVIAN CHICKEN WINGS HERB RICE FRESH VEGETABLE	3 3 CHEESE RAVIOLI W/ MARINARA OR ROMANO CHEESE SAUCE BREADSTICK FRESH VEGETABLE FRESH FRUIT	4 FRENCH TOAST W/ SWEET CREAM SAUCE CHICKEN TENDERS FRESH FRUIT	5 PEPPERONI OR CHEESE PIZZA KALE & ROMAINE CAESAR SALAD
8 ULTIMATE GRILLED CHEESE SANDWICH PASTA SALAD FRESH VEGETABLE	9 BOURBON CHICKEN BITES ROASTED POTATOES GREEN BEANS	10 PASTA BAR ALFREDO OR RED SAUCE PENNE PASTA, SAUSAGE, CHICKEN, OR SHRIMP+ \$2 BROCCOLI, GARLIC BREADSTICK	11 STEAK & EGGS SATUEED SPINACH BREAKFAST POTATOES	12 BBQ RIBS MAC & CHEESE FRESH VEGETABLE
15 CHICKEN PARMESAN SUBS HOMEMADE CHIPS CUCUMBER SALAD	16 FAJITA CHICKEN OR TENDER STEAK STREET TACOS SPANISH RICE RED KIDNEY BEANS	17 SPAGHETTI & MEATBALLS GARLIC BREAD FRESH VEGETABLE	18 BREAKFAST FOR LUNCH CHICKEN AND WAFFLES CHERRY PINEAPPLE FRUIT SALAD	19 PEPPERONI OR CHEESE PIZZA FRESH VEGETABLE
22 CHICKEN AND SAUSAGE GUMBO JASMINE RICE FRESH VEGETABLE CORNBREAD	23 CHICKEN FRIED CHICKEN MASHED POTATOES FRESH VEGETABLE GRAVY (OTS)	24 STEAK OR CHICKEN FAJITA BOWL JASMINE RICE BEAN AND CORN BLEND QUESO CHEESE SAUCE	25 JERK CHICKEN SAUTEED CABBAGE CITRUS HERB RICE	26 CHICKEN QUESADILLAS BLACK BEANS FRESH FRUIT
29 CHOPPED CHEESE (BURGER SUB) OR TURKEY BLT FRESH VEGETABLE FRESH FRUIT	30 TENDER MONGOLIAN BEEF & BROCCOLI JASMINE RICE HOMEMADE EGGROLL			NOW OFFERING BAKED POTATOES DAILY TOPPINGS AVAILABLE: SOUR CREAM, BACON, CHEESE, BUTTER AND CHIVES

WEEKLY GRAB & GO

MONDAY
Fried Shrimp Basket
Calzones
Fries

TUESDAY
Breaded Chicken Sandwich
Spicy Chicken Sandwich
Waffle Fries

WEDNESDAY
Nachos & Queso
Asian Bowl
Sushi Rolls

THURSDAY
Hand Formed Burgers
Regular, Cheese, or Bacon & Cheese
French Fries
Jumbo Pretzels

FRIDAY
Hand-Breaded Chicken Tenders
Signature Sauces
Bone-In Wings (Buffalo, Plain, and Chili Lime)
French Fries

Signature Entrée Salads Offered Daily \$7.00
Garden Salad Offered Daily \$3.50
Variety Wraps Offered Daily \$5.75

FLAVORS OF THE MONTH
Cilantro
Rhubarb
Asparagus
Red Kidney Beans

Gluten-free options available everyday including bun substitution and gluten-free pasta.
In addition to this menu, we offer snacks, healthy snacks and beverages.

EXECUTIVE MANAGER
Gabriel McKnight
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LOCAL VENDORS
The Common Market
#44 Farms

Fruits and vegetables provided by the local
Atkinsons farm

