



# Cougar Café Lunch Menu



## News

Alternate Menu Choices  
Fiesta Chicken Salad  
Monday Wednesday & Friday

Chef Salad  
Tuesday & Thursday

Grape or Strawberry  
PBJ Sandwich  
available daily as  
an alternate entrée

Low-fat & Non-Fat Milk  
Choices  
available daily

"USDA is an equal opportunity  
provider and employer"



Manchester  
City Schools

Monday	Tuesday	Wednesday	Thursday	Friday
6 Salisbury Steak Potatoes Green Beans WG Roll Sliced Peaches No Salads Today	7 Pizza Hut Cucumbers & Tomatoes w/ Ranch dressing Or Carrots w/ Ranch Diced Pears No Salads Today	8 Choice of Burger or Cheeseburger on WG Bun with Condiments Lettuce & Tomato Fixings Baked Fries Fresh Grapes No Salads Today	9 Breaded Chicken Nuggets with Sauces Whole Grain Roll Tossed Salad & Ranch Steamed Carrots Fruit Cocktail No Salads Today	4 Stuffed Crust Pepperoni Pizza Golden Corn Celery Stix & Ranch Apples No Salads Today
13 Choice of Regular Chicken Tenders or Spicy with Sauce Whole Grain Roll Mashed Potatoes Green Beans Pineapple Chunks No Salads Today	14 Hard shell Tacos w/ tomato, lettuce, cheese Pinto beans and Salsa Apple Slices No Salads Today	15 Stuffed Crust Pepperoni Pizza Golden Corn Celery Stix & Ranch Banana No Salads Today	16 Choice of Hamburgers or Cheeseburger on WG bun with Condiments Lettuce and tomato Fixings Baked Fries Oranges No salads today	17 Cheese Ravioli House Salad Golden Corn Breadstick Sliced Peaches No Salads Today
20 Teriyaki Beef Dunkers Whole Grain Roll Mashed Potatoes Turnip Greens Pineapple Tidbits	21 Pizza Hut Golden Corn Carrots w/ Ranch Sliced Peaches	22 ½ Day Sack Lunch PBJ Cheese Stix Snack Mix/ Carrots Cucumbers W/ ranch Apples NO SALADS	23 Egg & Cheese Omelet Whole Grain Biscuit with Gravy and Jelly Hash Brown Patty Cherry Tomatoes Orange Juice	24 Choice of Regular Breaded Chicken Sandwich or Hamburger With Condiments Lettuce & Tomato Fixings Broccoli Florets & Ranch Fresh Apple
27 Choice of Regular Chicken Tenders or Spicy with Sauce Whole Grain Roll Mashed Potatoes Green Beans Pineapple Chunks	28 Taco Salad with Chips Shredded Cheese Cup Lettuce & Tomato Fixings Pinto Beans Salsa Fresh Grapes	29 Stuffed Crust Cheese Pizza on WG Crust Tossed Salad & Ranch Fresh Broccoli Florets Diced Peaches	30 BBQ Sandwich on WG Bun Coleslaw Cowboy Beans Choice of Slushie	31 Corn dog Baked Fries Broccoli w/Ranch Apples