

DECEMBER

Cougars' Café Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
26 Teriyaki Beef Dunkers Whole Grain Roll Mashed Potatoes Turnip Greens Pineapple Tidbits No salads	27 Pizza Hut Golden Corn Broccoli w/ Ranch Sliced Peaches No salads	28 Choice of Regular Breaded Chicken or Spicy Chicken Sandwich With Condiments Lettuce & Tomato Fixings French Fries Fresh Banana	29 Egg & Cheese Omelet Whole Grain Biscuit with Gravy and Jelly Hash Brown Patty Cherry Tomatoes Orange Juice	30 Choice of Chicken Sandwich or Hamburger w/ Lettuce & Tomato Baked Beans Apple Slices
3 Choice of Regular Chicken Tenders or Spicy with Sauce Whole Grain Roll Mashed Potatoes Green Beans Pineapple Chunks	4 Taco Salad with Chips Shredded Cheese Cup Lettuce & Tomato Fixings Pinto Beans Salsa Fresh Grapes	5 Stuffed Crust Cheese Pizza on WG Crust Corn Carrots Diced Peaches	6 Corndog French Fries Broccoli w/ Ranch Apples	7 BBQ Sandwich Coleslaw Cowboy Beans Choice of Slushie Chips
10 Salisbury Steak Potatoes Green Beans WG Roll Sliced Peaches	11 Pizza Hut Broccoli Ranch dressing Salad Diced Pears	12 Hamburger or Cheeseburger Lettuce/tomato Baked Fries Grapes	13 Breaded Chicken nuggets Roll Steamed Carrots Salad Fruit Cocktail	14 Chili Goldfish Crackers Cucumber/tomato Cinnamon Roll Apple slices
17 Chicken tenders regular or hot and spicy Roll Pinto beans Potatoes Pineapple chunks NO salads	18 Christmas Dinner Baked Ham Whole Grain Roll Mashed Potatoes Green Beans Slushy Gingerbread Cookie No salads	19 PBJ Sack Lunch Carrots Apple slices Cheese stick Snack mix Broccoli Tomatoes No Salads	20 1 hour of school	21
22	26			29



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

Lowfat & Non-Fat Milk
Choices
available daily

Winter Break is
December 21st – January 4th

“USDA is an equal opportunity
provider and employer”



Manchester
City Schools

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Cougars' Café Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
26 Chocolate or Powdered Donut	27 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	28 Breaded Chicken With Whole Grain Biscuit and Grape Jelly	29 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	30 Granola Choice of Raspberry Or Strawberry Yogurt
3 Sausage and Gravy Breakfast Pizza on a Whole Grain Crust	4 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	5 Egg and Cheese Omelet with Cinnamon Toast	6 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	7 Goldfish Graham Cookie With Choice of Raspberry Or Strawberry Yogurt
10 Sausage and Whole Grain Biscuit with Grape Jelly	11 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	12 Egg Patty and Whole Grain Toast and Grape Jelly	13 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	14 Blueberry or Banana Muffin With Raspberry or Strawberry Yogurt
17 Chocolate or Powdered Donut	18 Choice of Mini Maple or Mini Strawberry Pancakes with Sausage Links	19 Breaded Chicken with whole Grain Biscuit and Grape Jelly	20	21
23	24	28	29	27



News

Alternate Menu Choices Poptart and Cereal is offered daily as an alternate choice.

Cereal Bar Variety Offered Daily.

Choice of Fresh Fruit, Juice and Non-Fat or Low-Fat Milk offered daily.

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