








November



Cougars Café Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
29 Choice of Regular Chicken Tenders or Spicy with Sauce Whole Grain Roll Mashed Potatoes Green Beans Pineapple Chunks	30 Taco Salad with Chips Shredded Cheese Cup Lettuce & Tomato Fixings Pinto Beans Salsa Fresh Grapes	31 Stuffed Crust Cheese Pizza on WG Crust Tossed Salad & Ranch Fresh Broccoli Florets Diced Peaches	1 Hamburger or chicken sandwich Lettuce and tomato French Fries Banana	2 BBQ Nachos w/ cheese Coleslaw Cowboy Beans Choice of Slushie chips
5 Salisbury Steak Potatoes Green Beans WG Roll Sliced Peaches	6 Pizza Hut Cucumber and tomatoes Broccoli and ranch Diced Pears	7 Choice of Burger or Cheeseburger on WG Bun with Condiments Lettuce & Tomato Fixings Bake beans Fresh Grapes	8 Breaded Chicken Nuggets with Sauces Whole Grain Roll Tossed Salad & Ranch Steamed Carrots Fruit Cocktail	9 Egg and cheese omelet Hashbrown Tomatoes Biscuit and gravy Jelly Juice choice
12 Choice of Regular Chicken Tenders or Spicy with Sauce Whole Grain Roll Mashed Potatoes Green Beans Pineapple Chunks	13 Hard shell Tacos w/ tomato, lettuce, cheese Pinto beans and Salsa Apple Slices	14 ½ day sack lunch PBJ Carrots cucumber/tomatoes Apple slices Cheese stick Snack mix NO SALADS	15 NO SALADS Thanksgiving Dinner Turkey and gravy Roll Cornbread dressing Green beans Mashed potatoes Cranberry sauce Fruit cup and cookie	16 Chicken plain or spicy Whole grain bun Lettuce and tomato Broccoli and ranch oranges
19 	20 	21 	22 	23 
26 Teriyaki Beef Dunkers Whole Grain Roll Mashed Potatoes Turnip Greens Pineapple Tidbits NO SALADS	27 Pizza Hut Golden Corn Carrots 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

November EVENTS

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

Thanksgiving break is
November 19st – 23rd

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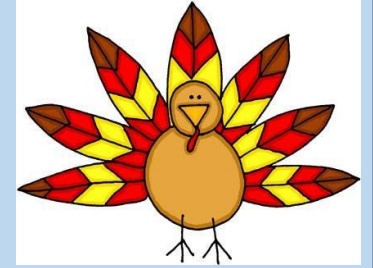


Manchester
City Schools

November

Cougars Café Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
29 Sausage and biscuit	30 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	31 Breaded Chicken With Whole Grain Biscuit and Grape Jelly	1 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	2 Granola Choice of Raspberry Or Strawberry Yogurt
5 Sausage and Gravy Breakfast Pizza on a Whole Grain Crust	6 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	7 Egg and Cheese Omelet with Cinnamon Toast	8 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	9 Goldfish Graham Cookie With Choice of Raspberry Or Strawberry Yogurt
12 Sausage and Whole Grain Biscuit with Grape Jelly	13 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	14 Egg Patty and Whole Grain Toast and Grape Jelly	15 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	16 Choice of Banana or Blueberry Muffin With Raspberry or Strawberry Yogurt
19	20 	21	22	23
26 Donut Powder or chocolate	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



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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