






OCTOBER

Cougars' Café Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3 	4 	5 
8 Salisbury Steak Potatoes Green Beans WG Roll Sliced Peaches	9 Pizza Hut Cucumbers & Tomatoes w/ Ranch dressing Diced Pears	10 Choice of Burger or Cheeseburger on WG Bun with Condiments Lettuce & Tomato Fixings Baked Fries Fresh Grapes	11 Breaded Chicken Nuggets with Sauces Whole Grain Roll Tossed Salad & Ranch Steamed Carrots Fruit Cocktail	12 Corn Dog Bake Beans Broccoli and ranch Pineapple tidbits
15 Choice of Regular Chicken Tenders or Spicy with Sauce Whole Grain Roll Mashed Potatoes Green Beans Pineapple Chunks	16 Hard shell Tacos w/ tomato, lettuce, cheese Pinto beans and Salsa Apple Slices	17 Stuffed Crust Pepperoni Pizza Golden Corn Carrot Stix & Ranch Banana	18 Chili Goldfish crackers Cucumber and tomatoes With ranch Oranges Cinnamon rolls	19 Hot Dog French Fries Broccoli and ranch pears
22 Teriyaki Beef Dunkers Whole Grain Roll Mashed Potatoes Turnip Greens Pineapple Tidbits	23 Pizza Hut Golden Corn Carrots w/ Ranch Sliced Peaches	24 Sack lunch PBJ Broccoli Carrots Apple Cheesestick Snack mix	25 Egg & Cheese Omelet Whole Grain Biscuit with Gravy and Jelly Hash Brown Patty Cherry Tomatoes Orange Juice	26 Choice of Chicken Sandwich or Hamburger w/ Lettuce & Tomato Baked beans Apple Slices
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 sandwich chips Coleslaw Cowboy Beans Choice of Slushie



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

Fall Break is October 1st-5th


"USDA is an equal opportunity
provider and employer"



Manchester
City Schools

October

Cougars' Café Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3 	4 	5 
8 Donut choice of powder or chocolate	9 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	10 Breaded Chicken With Whole Grain Biscuit and Grape Jelly	11 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	12 Granola Choice of Raspberry Or Strawberry Yogurt
15 Sausage and Gravy Breakfast Pizza on a Whole Grain Crust	16 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	17 Egg and Cheese Omelet with Cinnamon Toast	18 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	19 goldfish graham cookie raspberry or strawberry yogurt
22 Sausage and Whole Grain Biscuit with Grape Jelly	23 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	24 Egg Patty and Whole Grain Toast and Grape Jelly	25 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	26 Choice of Banana or Blueberry Muffin With Raspberry or Strawberry Yogurt
29 Sausage and biscuit jelly	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 Graham grips 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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