

SEPTEMBER

Cougar Café Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
3	NO SCHOOL	4 PIZZA HUT Cucumbers & Tomatoes w/ Ranch dressing Carrots Diced Pears	5 Choice of Burger or Cheeseburger on WG Bun with Condiments Lettuce & Tomato Fixings Baked Fries Fresh Grapes	6 Breaded Chicken Nuggets Mashed Potatoes Green Beans W/G roll Sliced peaches Choice of Sauce	7 Corn dog Baked beans Broccoli/ranch Pineapple tidbits
10	Breaded Chicken Tenders Mashed potatoes Green Beans Whole Grain Roll Slice Peaches	11 Hard Shell or Soft Taco Tomato/Lettuce Cheese cup Pinto Beans Apple Slices Salsa	12 Stuffed Crust Pepperoni Pizza Steamed broccoli Celery/ Ranch Fruit	13 Choice of Burger or Cheeseburger on WG Bun with Condiments Lettuce & Tomato Fixings Baked Fries Fresh Orange	14 Ravioli Corn House Salad Breadstick Pineapple tidbits
17	Teriyaki Beef Dunkers Whole Grain Roll Mashed Potatoes Turnip Greens Pineapple Tidbits	18 PIZZA HUT Broccoli Carrots w/ Ranch Sliced Peaches	19 Egg & Cheese Omelet Whole Grain Biscuit with Gravy and Jelly Hash Brown Patty Cherry Tomatoes Orange Juice	20 Choice of Hamburger Or Breaded Chicken Sandwich Lettuce & Tomato Fixings Baked Beans Apple slices	21 NO SCHOOL
24	Choice of Regular Chicken Tenders or Spicy With Sauce Whole Grain Roll Mashed Potatoes Green Beans Pineapple Chunks	25 Taco salad with Chips Shredded Cheese cup Tomato / Lettuce Pinto Beans Grapes Salsa	26 SACK LUNCH PBJ Cheese Stick/ Snack Mix Carrots/ Ranch Cucumbers /tomatoes Apple Slices NO SALADS	27 Stuffed Crust Cheese Pizza on WG Crust Tossed Salad & ranch Fresh Broccoli Florets Diced Peaches	28 Pulled Pork BBQ On WG bun Baked beans Cole slaw BBQ or plain chips Slushie

learn.
play.
grow.

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

**YOGURT PLATE
OFFERED DAILY AS A
ALTERNATE LUNCH**

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**Manchester
City Schools**



Cougar Café Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL	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 WG/ Biscuit 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 Choice of Banana or Blueberry Muffin With Raspberry or Strawberry Yogurt
17 Breaded Steak With Whole grain Biscuit Grape Jelly	18 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	19 Breaded Chicken With Whole Grain Biscuit and Grape Jelly	20 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	21 NO SCHOOL
24 Sausage and Gravy Breakfast Pizza on a Whole Grain Crust	25 Choice of Mini Maple or Mini Strawberry Pancakes with a Sausage Link	26 Egg and Cheese Omelet with Cinnamon Toast	27 Choice of Chocolate Chip, Cinnamon, Berry or Plain French Toast Sticks with a Sausage Link	28 Choice of Banana or Blueberry Muffin With 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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