



October 2018

Monday 1st chicken tenders, 2 pierogies, fruit

Tuesday 2nd cheese burger, has brown, fruit

Wednesday 3rd grilled cheese, homemade soup, chips, fruit

Thursday 4th 2 tacos w/ all condiments, steamed rice, fruit

Friday 5th pizza, fruit, salad

Monday 8th chicken sandwich, mashed potatoes+gravy, fruit

Tuesday 9th 3 breadsticks w/ sauce, salad, fruit

Wednesday 10th (k-3) chicken nuggets, buttered pasta, fruit
(4-8) chicken wrap, buttered pasta, fruit

Thursday 11th pasta w/ butter or marinara, 2 meatballs, breadstick, salad

Friday 12th pizza, fruit, salad

Monday 15th 4 french toast sticks, hash browns, 2 sausage, fruit

Tuesday 16th hot dog, homemade mac+cheese, fruit

Wednesday 17th grilled cheese, homemade soup, chips, fruit

Thursday 18th chicken nuggets, mac+cheese, fruit or salad

Friday 19th pizza, salad, fruit

Monday 22nd corn dog, salad, fresh fruit

Tuesday 23rd chicken nuggets, mac+cheese, fruit, or salad

Wednesday 24th pasta w/ butter or marinara, 2 meatballs, breadstick, salad

Thursday 25th chicken sandwich, tater tots, fruit

Friday 26th NO SCHOOL

Monday 29th 4 french toast sticks, 2 sausage, hash brown, fruit

Tuesday 30th 3 breadstick w/ sauce, salad, fruit

Wednesday 31st chicken nuggets, buttered pasta, fruit

All lunches include milk, and dessert

Lunch \$3.00 Milk .50 Cookie .25 Water \$1.00

Make checks payable to "Cougar Café"

