COUGAR CAFE

Old Colony
Lunch Menu

THE STOVETOP
HOT LUNCHES

January 2020

THE DELI BAR
WRAPS AND SALADS
SERVED DAILY

For Sandwich or Salad:
Turkey, Ham, Tuna, Hard Boiled Egg, Egg Salad or Diced Chicken

OFFERED DAILY

Assorted Fruit Cups
Assorted **Fresh Fruit**
Assorted Veggie Sticks
Side Salads

MILK
Chocolate, Strawberry, 1% & Lactaid

Lunch Includes:
*** Main Meal, Salad, Sandwich or Parfait**
***Milk**
***Fruit**
*** Vegetable**
*** Water**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No School	2 Sloppy Jo, Fries & Green Beans	3 Assorted Pizza & Caesar Salad
6 Sheppard's Pie & Dinner Roll	7 Chicken Nuggets, Fries, Bread & Steamed Carrots	8 Grilled Cheese, Spinach & Feta Salad & Chili	9 Pulled Pork Sandwich, Fries & Baked Beans	10 Assorted Pizza & Caesar Salad
13 Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Dinner Roll	14 Mozzarella Sticks, Fries, Marinara Sauce, Baked Beans & Bread	15 Early Release - Pizza or Chicken Patty & Chips	16 Steak& Cheese Sub, Peppers & Onions & Fries	17 Assorted Pizza & Caesar Salad
20 No School	21 Chicken Nuggets, Fries Bread & Steamed Carrots	22 Chicken Parmesan, Spaghetti & Broccoli	23 Hot Dog & Fries	24 Assorted Pizza & Caesar Salad
27 General TSO's Chicken Bowl & Dinner Roll	28 Mozzarella Sticks, Fries, Marinara Sauce, Baked Beans & Bread	29 Turkey & Gravy over Mashed Potatoes with Stuffing and Steamed Carrots	30 Meatball Sub, Green Beans & Fries	31 Assorted Pizza & Caesar Salad

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken	Cheeseburger Wrap, Big Mac Wrap or Chicken Patty	Pilgrim Wrap - Turkey, Gravy, Stuffing & Cranberry Sauce	Burritos, Nachos or Corn Dog	Crispy Chicken

Weekly Alternative Lunch Menu	Monday Chicken Salad Sandwich	Tuesday Build-a-burger	Wednesday Ham & Cheese Croissant	Thursday Chicken Patty	Friday Tuna Melt

Student Lunch $3.25
Milk 50¢
Adult Lunch $4.25

Prepay lunches to make lines move quicker

NEW ** One Bottle of Water FREE with All Meals at time of service. After service or without a meal $1.00

Please look for our weekly menu, on-line for any changes