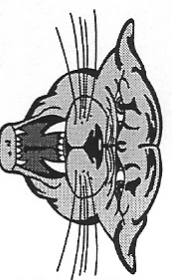


# The Cougar Cafe!

## October 2011



Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

**Cougar combo deals \$3.00**

**#1 Hotdog, fries, #2 Corndog nuggets, #3 Small pizza slice, juice or milk fries, juice or milk fries, juice or milk**

2	Pizza / chicken strip Salad, pickle spear, corn nuggets, fries, bacon ranch potatoes	3	Baked / fried chicken Salad, mac & cheese, rice & gravy, baked beans, black eyed peas, corn bread	4	Baked potato bar Cheese broccoli corn nuggets, salad fried string beans sweet potato fries	5	Mexican plate Beef & cheese enchilada, taco, refried beans, salad, nachos grande	6	<b>Half day</b> <b>Morning break</b> <b>breakfast items</b> <b>to be served</b>	8
9	<b>No school</b>	10	Chicken and dumplings English peas, candy yams, salad, corn on the cobb	11	<b>Soup day</b> Loaded potato or taco soup Salad, grilled cheese, corn nuggets, fries, bacon ranch potatoes	12	Chinese plate Mandarin chicken Beef & veggie wonton, chicken & rice, pasta, chinese vegie mix	13	<b>Homecoming</b>	14
16	Pizza / chicken strip Salad, pickle spear, corn nuggets, fries, bacon ranch potatoes	17	Baked / fried chicken Salad, mac & cheese, rice & gravy, baked beans, black eyed peas, corn bread	18	Baked potato bar Cheese broccoli corn nuggets, salad fried string beans sweet potato fries	19	Mexican plate Beef & cheese enchilada, taco, refried beans, salad, nachos grande	20	Fish plate Collard greens, hush puppies, baked beans, cole slaw, fries, salad	21
23	Country fried steak and white gravy Salad, mac & cheese, mashed potatoes, limas, texas toast	24	Chicken and dumplings English peas, candy yams, salad, corn on the cobb	25	<b>Soup day</b> Loaded potato or taco soup Salad, grilled cheese, corn nuggets, fries, bacon ranch potatoes	26	Chinese plate Mandarin chicken Beef & veggie wonton, chicken & rice, pasta, chinese vegie mix	27	Fish plate Collard greens, hush puppies, baked beans, cole slaw, fries, salad	28
30	Pizza / chicken strip Salad, pickle spear, corn nuggets, fries, bacon ranch potatoes	31							29	

### Healthy eating

### Quick Cougar

Fresh salads made every day  
Garden \$3.00 Chefs chicken \$5.00  
Chicken salad \$3.00  
Apples, bananas, grapes

Hotdog, corndog nuggets, popcorn chicken, chicken nuggets, chicken strips, pizza, fries,