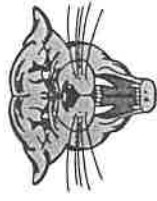


The Cougar Cafe

February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Healthier options

Wraps, turkey, grilled or crispy chicken.
 Salad bar with lots of fresh toppings.
 Baked potatoes with toppings. Fresh fruit parfaits

5	Spaghatt 6 W / meat sauce Salad, fries, english peas, bread stick	Baked potato bar 7 Salad, fries, cheesy broccoli, corn nuggets	Hand breaded tenders 1 Salad, fries, mac & cheese, baked beans	Pulled pork 2 street tacos Fries, salad, refried beans nachos	Jambalaya 3 Salad, fries, corn, cornbread & greens	4
12	Spaghatt 13 W / meat sauce Salad, fries, english peas, bread stick	Baked potato bar 14 Salad, fries, cheesy broccoli, corn nuggets	Hand breaded tenders 8 Salad, fries, mac & cheese, baked beans	Pulled pork 9 street tacos Fries, salad, refried beans nachos	Jambalaya 10 Salad, fries, corn, cornbread & greens	11
19	No school 20	Baked potato bar 21 Salad, fries, cheesy broccoli, corn nuggets	Crispy or grilled 5 chicken sandwich Salad, fries, mac & cheese, baked beans	Pizza bar 16 Salad, waffle fries, crispy battered green beans	Jambalaya 17 Salad, fries, corn, cornbread & greens	18
26	Spaghatt 27 W / meat sauce Salad, fries, english peas, bread stick	Baked potato bar 28 Salad, fries, cheesy broccoli, corn nuggets	Hand breaded 22 tenders Salad, fries, mac & cheese, baked beans	Pulled pork 23 street tacos Fries, salad, refried beans nachos	Jambalaya 24 Salad, fries, corn, cornbread & greens	25

Quick Cougar

Salad bar, baked potatoes, wraps, fries, popcorn chicken, cheese sticks, hotdog, corndog, grilled or crispy Ck. sandwich

Little Cougar Combo

Pizza, popcorn Ck. corndog or hotdog. Comes with one side. Juice, water or milk