






MARCH 2017 COUGAR DEN MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Sack and Salad Option
		1 ASH WEDNESDAY Lent Meal Soup and Roll Water 	2 Breakfast for Lunch Pancakes/Sausage Hash Browns Fruit and Drink	3 Early Dismissal Cafeteria Closed	Mondays Sack 1: Turkey & Cheese Croissant Lettuce and Pickle Sack 2: PBJ on Wheat Bread Salad: Chicken Caesar Salad Croutons, Parmesan, Cheese, Crackers
6 Pepperoni or Cheese Pizza (Rosie's Pizza) Pasta Baby Carrots Fruit and Drink	7 Hamburger/Cheeseburger w/all the Trimmings Popsicle OR Chips Fruit and Drink	8 Chicken Alfredo Green Beans Garlic Breadstick Fruit and Drink	9 Crispy Taco Lettuce & Tomato Rice & Beans Fruit and Drink	10 Fish Nuggets Mac-n-Cheese Corn Fruit and Drink	Tuesdays Sack 1: Ham & Cheese Sub Lettuce and Pickle Sack 2: PBJ on Wheat Bread Salad: Chef Salad with Turkey Cucumber, Cheese, Tomatoes, Ranch Dressing, Crackers
13 <h1>SPRING</h1>	14 <h1>SPRING</h1>	15 	16 <h1>BREAK</h1>	17 <h1>BREAK</h1>	Wednesdays Sack 1: Turkey & Cheese Croissant Lettuce and Pickle Sack 2: PBJ on Wheat Bread Salad: Grilled Chicken Salad Cucumber, Cheese, Tomatoes, Ranch Dressing, Crackers
20 Spaghetti w/Meat Sauce Green Beans Garlic Breadstick Fruit and Drink	21 Chicken Nuggets Mashed Potatoes Gravy & Roll Fruit and Drink	22 Cheese Enchiladas Rice & Beans Fruit and Drink	23 Hamburger/Cheeseburger w/all the Trimmings Popsicle OR Chips Fruit and Drink	24 Cheese Pizza (Rosie's Pizza) Fresh Mixed Vegetables Fruit and Drink	Thursdays Sack 1: Ham & Cheese Sub Lettuce and Pickle Sack 2: PBJ on Wheat Bread Salad: Chef Salad with Ham Cucumber, Cheese, Tomatoes, Ranch Dressing, Crackers
27 Hot Dogs Baked Beans Chips Fruit and Drink	28 Chicken Burgers Corn on the Cob Fruit and Drink	29 Mexican Casserole Vegetable Fruit and Drink	30 Pepperoni or Cheese Pizza (Rosie's Pizza) Pasta & Carrots Fruit and Drink	31 Fish Sandwich Roti Pasta w/Cheese Peas & Carrots Fruit and Drink	Fridays Sack 1: Tuna Fish Croissant OR Grilled Cheese Sandwich Sack 2: PBJ on Wheat Bread Salad: Garden Salad Cucumber, Cheese, Tomatoes, Ranch Dressing, Crackers
PRICE OF MEALS HOT LUNCH: \$3.85/MEAL, VEGETABLE, FRUIT and DRINK (water or milk) Sack 1 or 2: \$3.85/MEAL, CHIPS, FRUIT and DRINK (water or milk) SALAD: \$3.85/MEAL, FRUIT and DRINK (water or milk) ENTRÉE: \$2.30 MILK or WATER: \$0.75 SIDES: \$0.85 CHIPS, PICKLES, SUGAR FREE POPSICLE, HOMEMADE DESSERTS HOT MOZZARELLA CHEESE STICKS (MUST ORDER WITH LUNCH COUNT)					