

Cougars Lunch Menu

2019-2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Vegetable of the Day: Broccoli</i>	<i>Vegetable of the Day: Corn</i>	<i>Vegetable of the Day: Green Beans</i>	<i>Vegetable of the Day: See Below</i>	<i>Vegetable of the Day: Peas</i>
WEEK 1	9/23, 10/21, 11/18, 12/16 Chicken Nuggets w/ Dinner Roll Baked Beans	9/24, 10/22, 11/19, 12/17 Soft Beef Taco w/ Cheese, Brown Rice, Seasoned Black Beans, Lettuce, Diced Tomato & Salsa	8/28, 9/25, 10/23, 11/20, 12/18 Fish Nuggets w/ WG Macaroni & Cheese	8/29, 9/26, 10/24, 11/21, 12/19 Brunch for Lunch: French Toast Sausage Patties & Deli Roasters Oven Roasted Zucchini	8/30, 9/27, 10/25, 11/22, 12/20 Marco's Pizza Pepperoni / Cheese
WEEK 2	9/2 No School, 9/30, 10/28, 11/25 Popcorn Chicken w/ Dinner Roll Baked Beans	9/3, 10/1, 10/29, 11/26, Beef Taco in a Bag of Nacho Cheese Doritos w/ Rice, Seasoned Black Beans, Cheese & Salsa	9/4, 10/2, 10/30, 11/27 No School Cheesy Bread w/ Marinara Cup	9/5, 10/3, 10/31, 11/28 No School BBQ Boneless Chicken Wings Dinner Roll w/ Fresh Celery & Lite Ranch Dressing	9/6, 10/4, 11/1, 11/29 No School Wild Mike's Cheesy Bottom Pizza
WEEK 3	9/9, 10/7, 11/4, 12/2 Chicken Nuggets w/ Dinner Roll Baked Beans	9/10, 10/8, 11/5 No School, 12/3 Chicken and Cheese Taquitos w/ Brown Rice, Seasoned Black Beans, Lettuce, Diced Tomato and Salsa	9/11, 10/9, 11/6, 12/4 Cheeseburger Emoji Mashed Potato Fries	9/12, 10/10, 11/7, 12/5 Brunch for Lunch: Waffles, Scrambled Eggs & Deli Roasters Oven Roasted Squash	9/13, 10/11 No School, 11/8, 12/6 Marco's Pizza Pepperoni / Cheese
WEEK 4	9/16, 10/14, 11/11, 12/9 Popcorn Chicken w/ Dinner Roll Baked Beans	9/17, 10/15, 11/12, 12/10 Beef Taco in a Bag of Fritos w/ Brown Rice, Seasoned Black Beans, Lettuce, Tomato & Salsa	9/18, 10/16, 11/13, 12/11 Cheddar Twisted Stix w/ Tomato Soup	9/19, 10/17, 11/14, 12/12 Oven Fried Chicken w/ Dinner Roll Mashed Potatoes Cooks Choice of 'Other'	9/20, 10/18, 11/15, 12/13 Wild Mike's Cheesy Bottom Pizza

Regular Meal: \$2.70
Reduced Price Meal \$0.40
Adult Meal: \$3.75

Milk \$0.50 Includes: 1% White or 1% Chocolate
Daily Offerings: EZ Jammer w/ String Cheese & Goldfish, Chef Salad w/
Goldfish and Dinner Roll, Deli Meat & Cheese Sandwich, Yogurt Meal w/ Granola,
Goldfish and String Cheese or Hot Dog on a Bun

Meals include 2 side items fruit/vegetable and milk (must select 1 fruit or vegetable with each meal).
Daily Fruit & Vegetable choices contain selections from the dark green, red/orange, bean, starchy, &
other veg. groups, weekly. High VIT-A choice 3x a week. Romaine & Spring Mix Salad w/various
cooked/fresh fruits & vegetables daily in addition to menu listings.

All meals include 2 sides (must take fruit/vegetable)

Please make separate lunch checks payable to your Child's School Cafe. To check meal account balances, view detailed list of payments received and items purchased or to make a payment to your child's meal account, log into your account with EZPay or check with Manager **Christine Murphy, 513-943-6706**. For more regarding Nutrition services, visit www.westcler.k12.oh.us.

**For comments or concerns about the lunch program, contact
Tiffany McCleese: mccleese_t2@my.westcler.org.
This institution is an equal opportunity provider.
Thank you for participating in the school lunch program!**