



Cougars Lunch Menu

	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: Cauliflower</i>	<i>Vegetable of the Day: Peas</i>
5/21 Last Day of School! WEEK 1	12/31, 1/28, 2/25, 3/25, 4/22 No School, 5/20 Chicken Nuggets w/ Dinner Roll Mashed Potato Smiles Baked Beans	1/1 No School, 1/29, 2/26, 3/26, 4/23, 5/21 Walking Beef Taco (Frito Corn Chips) w/ Rice, Shredded Lettuce, Tomato, Salsa and Seasoned Black Beans	1/2 No School, 1/30, 2/27, 3/27, 4/24 Cheese Stuffers w/ Marinara Dipping Sauce	1/3, 1/31, 2/28, 3/28, 4/25 Maple Waffles Sausage Patty & Deli Roasters	1/4, 2/1, 3/1, 3/29, 4/26 Specialty Pizza Pepperoni / Cheese
WEEK 2	1/7, 2/4, 3/4, 4/1, 4/29 Popcorn Chicken w/ Dinner Roll Mashed Potatoes Baked Beans	1/8, 2/5, 3/5, 4/2, 4/30 Taco Mac and Cheese w/ Rice, Shredded Lettuce, Tomato, Salsa and Seasoned Black Beans	1/9, 2/6, 3/6, 4/3, 5/1 Meatball Hoagie w/ Marinara Sauce and Cheese	1/10, 2/7, 3/7, 4/4, 5/2 Cincinnati Chili Cheese Coney <u>or</u> Cincinnati Chili Phony Coney	1/11, 2/8, 3/8, 4/5, 5/3 Specialty Pizza Pepperoni / Cheese
3/15 thru 3/24/16 Spring Break - No School WEEK 3	1/14, 2/11, 3/11 No School, 4/8, 5/6 Chicken Nuggets w/ Dinner Roll Emoji Potatoes Baked Beans	1/15, 2/12, 3/12, 4/9, 5/7 Walking Beef Taco (Nacho Cheese Dorito) w/ Rice, Shredded Lettuce, Tomato, Salsa and Seasoned Black Beans	1/16, 2/13, 3/13, 4/10, 5/8 Italian Dunkers w/ Marinara Dipping Sauce	1/17, 2/14, 3/14, 4/11, 5/9 Hamburger/ Cheeseburger on Bun w/ Potato Wedges	1/18, 2/15 No School, 3/15, 4/12, 5/10 Specialty Pizza Pepperoni / Cheese
1/21 MLK Day - No School, 2/18 Presidents Day—No School WEEK 4 4/19 thru 4/22 Spring Week- end -No School	1/21 No School, 2/18 No School, 3/18 No School, 4/15, 5/13 Oven Fried Chicken w/ Dinner Roll Mashed Potatoes Baked Beans	1/22 No School, 2/19, 3/19 No School, 4/16, 5/14 Beef and Cheese Nachos w/ Rice, Shredded Lettuce, Tomato, Salsa and Seasoned Black Beans	1/23, 2/20, 3/20 No School, 4/17, 5/15 Rotini Pasta and Meatsauce w/ Bread Stick	1/24, 2/21, 3/21 No School, 4/18, 5/16 Grilled Cheese w/ Tomato Soup	1/25, 2/22, 3/22 No School, 4/19 No School, 5/17 Specialty Pizza Pepperoni/Cheese

Regular Meal: \$2.70
 Reduced Price Meal \$0.40
 Adult Meal: \$3.75
 Milk \$0.50 Includes: FF white, FF Strawberry, 1% white & 1% chocolate
Daily Offerings: EZ Jammer w/ String Cheese & Goldfish, Chef Salad w/
 Goldfish and Dinner Roll, Deli Meat w/ 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 you're
 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: mcclcese_t2@westcler.org.
 This institution is an equal opportunity provider.
 Thank you for participating in the school lunch program!