



Cougar Café Lunch Menu

	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23
ENTRÉE	No School Fall Break	Cheese and Pepperoni Pizza Side Salad GLUTEN FREE CRUST AVAILABLE M E S W	Chicken Alfredo Roasted Broccoli Garlic Bread GLUTEN FREE PASTA AVAILABLE W M	Burgers Sweet Potato Fries Sauteed Mixed Vegetables W	Beef Tacos in Soft Tortilla Cilantro Lime Rice Black Beans W
GRILL	No School Fall Break	Italian Hoagie GLUTEN & SESAME FREE BUNS AVAILABLE S M W	Grilled Chicken Sandwich GLUTEN & SESAME FREE BUNS AVAILABLE W	Grilled Hot Dogs W	Cheese Enchiladas W M
SALAD\SOUP	No School Fall Break	Garden Salad	Broccoli Cheddar Soup	Garden Salad	Chicken Noodle Soup

Combo lunch: \$6.50 includes: Entrée, fresh veggie or fresh fruit and milk or 4oz water

Food allergen legend: **M**=Milk / **W**=Wheat / **E**=Eggs / **S**=Soy / **SE**=Sesame / **F**=Fish

view a la carte items and pricing at stmaryhp.org on the lunch menu page

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