CHRISTIAN SCHOOL

LOWER SCHOOL MENU OCTOBER 2024

COUGAR CAFÉ (MAIN ENTRÉE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	/
	1 TURKEY SLIDERS FRESH VEGETABLE FRESH FRUIT	2 PASTA BAR ALFREDO OR RED SAUCE PENNE PASTA, SAUSAGE, CHICKEN, OR SHRIMP+ \$2 BROCCOLI, GARLIC BREADSTICK	3 BREAKFAST FOR LUNCH HOMEIMADE FRENCH TOAST STICKS, EGGS BACON FRESH FRUIT	4 PIZZA DAY PEPPERONI OR CHEESE PIZZA CAESAR SALAD, FRESH FRUIT	1
7 HOMEMADE BURGERS HOUSE CHIPS FRESH VEGETABLE FRESH FRUIT	8 CHICKEN ENCHILADES HERB RICE FRESH VEGETABLE FRESH FRUIT	9 MAC AND CHEESE BOWL W/ MAPLE BACON FRESH VEGETABLE FRESH FRUIT	10 CHICKEN FRIED CHICKEN BITES HOMEMADE GRAVY MASHED POTATOES GREEN BEANS FRESH FRUIT	11 NO SCHOOL	The set
14 FALL BREAK	15 FALL BREAK	16 FALL BREAK	17 FALL BREAK	18 FALL BREAK	
21 ALL BEEF MINI BAKED CORN DOGS OR TURKEY SLIDER HOUSE CHIPS FRESH VEGETABLE FRESH FRUIT	22 ULTIMATE GRILLED CHEEESE SANDWICH FRESH VEGETABLE FRESH FRUIT	23 SPAGHETTI & MEATBALLS GARLIC BREADSTICK FRESH VEGETABLE FRESH FRUIT	24 BREAKFAST FOR LUNCH CHICKEN & WAFFLES FRESH VEGETABLE FRESH FRUIT	25 PIZZA DAY PEPPERONI OR CHEESE PIZZA CAESAR SALAD, FRESH FRUIT	
28 NACHOS & QUESO W/ GROUND BEEF PINTO BEANS FRESH VEGETABLE FRESH FRUIT	29 BBQ CHICKEN BITES GLAZED SWEET POTATOES GREEN BEANS FRESH FRUIT	30 CHICKEN FETTUCCINE ALFREDO BREADSTICK FRESH VEGETABLE FRESH FRUIT	31 HONEY BUTTER BISCUIT EGGS SAUSAGE PATTY FRESH FRUIT		

Entree includes one side and choice of vegetable or fruit. Gluten-free options available everyday including bun substitution and gluten-free pasta. In addition to this menu, we offer snacks, healthy snacks and beverages.

TEXAS GRILL (GRAB & GO)

DAILY Sun Butter and Jelly Sandwich Ham Sandwich on Whole Wheat Turkey Sandwich on Whole Wheat Texas Rubbed Chicken Sandwich

FLAVORS OF THE MONTH

Pumpkin

Grapes

Lima Beans

Grapes

NOW OFFERING BAKED POTATOES DAILY TOPPINGS AVAILABLE: SOUR CREAM, BACON, CHEESE, AND BUTTER

> EXECUTIVE MANAGER Gabriel McKnight (832) 413-4097 foodservice@northlandchristian.org

LOCAL VENDORS The Common Market #44 Farms

Fruits and vegetables provided by the local Atkinsons farm

