





# Covington Buccs Cafe

Results happen over time,  
not overnight. Work hard,  
stay consistent, and be  
patient.



## Lunch Meal Deal

- (1) Entrée Choice (grain & protein)
- (1) Fruit & (2) Vegetable Choices
- (1) 8oz Low-Fat or Fat Free Milk
- You must take 1 fruit or veg**
- HS may take 2 fruits & 2 veg

	<b>1. Chicken Nuggets</b> Onion Rings Fresh Cucumbers Pineapple Fresh Melon	<b>2. Sausage Patty</b> French Toast Sticks Hash Brown Fresh Carrots Strawberries Banana	<b>3. Country Fried Steak</b> JH/HS Philly Cheesesteak Hashbrown Casserole Celery Sticks Fruity Applesauce Orange	<b>4. French Bread Pizza</b> Corn Romaine Salad Mixed Fruit Grapes
<b>7. Meatball Sub</b> Cheesy Potatoes Fresh Broccoli Pears Apple Slices	<b>8. Crunchy or Soft</b> Taco Lettuce & Tomato Refried Beans Apple Crisp Fresh Melon	<b>9. Popcorn Chicken</b> Dinner Roll Green Beans Fresh Carrots Fruit w/ Jello Banana	<b>10. Clark's Cheese</b> Pizza Corn Fresh Cauliflower Peaches Orange	<b>11. NO SCHOOL</b>
<b>14. Cheesy Potato</b> Soup w/ Bosco Stick Fresh Carrots Strawberries Apple Slices	<b>15. Quesadilla</b> Seasoned Black Beans Lettuce & Tomato Jonny Pop Fresh Melon	<b>16. Chicken Nuggets</b> Cheesy Potatoes Fresh Broccoli Yummy Cake Pineapple Banana	<b>17. Maidrites Sandwich</b> Baked Beans Potato Chips Fresh Cucumbers Peaches Orange	<b>18. Stuffed Crust</b> Pizza Green Beans Romaine Salad Mandarin Oranges Grapes
<b>21. Hot Dog</b> Baked Beans Fresh Carrots Pineapple Apple Slices	<b>22. Turkey-n-Cheese</b> Sandwich Cheesy Potatoes Assorted Fresh Veggies Assorted Fruit	<b>23. NO SCHOOL</b> 	<b>24. NO SCHOOL</b> <b>Happy Thanksgiving</b>	<b>25. NO SCHOOL</b> 
<b>28. Pizza Sub</b> Lettuce & Tomato Tater Tots Sidekick Slushie Apple Slices	<b>29. Toasted Cheese</b> Tomato Soup Celery Sticks Applesauce Orange	<b>30. Chicken Fryz</b> Granola Bar Baked Potato Fresh Carrots Fruit Juice Banana		

**\*Menu Subject to Change**

*J.H./H.S. may be offered additional options*

## FEATURED DAILY OFFERS

### Monday

PB&J Uncrustable

### Tuesday

Turkey Snack Pack

### Wednesday

Salad Lunch

### Thursday

Buccs Pizza Box

### Friday

Yogurt Lunch

*This institution is an equal opportunity provider.*