



# July 2026



**LUNCH  
COUGAR CAFE**

NORTHWEST RANKIN HIGH



Monday

Tuesday

Wednesday

Thursday

Friday

**NWRH COUGAR CAFE  
DAILY OPTIONS**

Fruit, variety  
Fresh Fruit Bowl  
Chocolate Milk  
Low Fat Unflavored Milk  
Strawberry Milk

**CONDIMENTS**

Mayonnaise  
Mustard  
Ketchup  
Dipping Sauce, variety  
Marinara  
Syrup  
Salad Dressings  
Saltine Crackers  
Croutons

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30 **WELCOME BACK!**  
Chicken Tenders  
Stuffed Crust Pepperoni Pizza  
Garlic Toast  
Cheesy Mashed Potatoes  
Steamed Broccoli  
Banana Pudding

31 BBQ Chicken Sandwich  
Cheeseburger  
Hamburger  
Baked Beans  
Crinkle Cut Fries  
Red Velvet Cookie

