

SEPTEMBER 2026

LUNCH Cougar Cafe

Northwest Rankin High

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Buffalo Hot Wings Chef Salad Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Vanilla Pudding	2 Chicken Tenders Chicken Tenders Salad Hot Ham & Cheese Croissant Pizza, Variety Garlic Knot Roll Carrots w/ Dip Tater Tots Candy Cookies	3 Buffalo Hot Wings Chicken Salad, Crunchy Crackers Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Southern Mud	4 Chef Salad Chicken Tenders Crispy Rolled Chicken Tacos Garlic Knot Roll Baked Beans Spicy Fries Assorted Gelatins with Topping
7 Holiday	8 Buffalo Hot Wings Chef Salad Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Chocolate Pudding	9 Chicken Tenders Chicken Tenders Salad Hot Ham & Cheese Croissant Pizza, Variety Garlic Knot Roll Carrots w/ Dip Tater Tots Chocolate Brownies	10 Buffalo Hot Wings Chicken Salad, Crunchy Crackers Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Banana Pudding	11 Chef Salad Chicken Tenders Crispy Rolled Chicken Tacos Pizza, Variety Garlic Knot Roll Baked Beans Spicy Fries Assorted Gelatins with Topping
14 Chicken Sandwich Chicken Tenders Mandarin Chicken, Rice, Egg Roll Tuna Salad, Crunchy Crackers Garlic Knot Roll Carrots w/ Dip Seasoned Potato Wedges Brookie Cookie	15 Buffalo Hot Wings Chef Salad Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Vanilla Pudding	16 Chicken Tenders Chicken Tenders Salad Hot Ham & Cheese Croissant Pizza, Variety Garlic Knot Roll Carrots w/ Dip Tater Tots Candy Cookie	17 Buffalo Hot Wings Chicken Salad, Crunchy Crackers Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Southern Mud	18 Chef Salad Chicken Tenders Crispy Rolled Chicken Tacos Pizza, Variety Garlic Knot Roll Baked Beans Spicy Fries Assorted Gelatins with Topping
21 Chicken Tenders Mandarin Chicken, Rice, Egg Roll Pizza, Variety Tuna Salad, Crunchy Crackers Garlic Knot Roll Carrots w/ Dip Seasoned Potato Wedges Red Velvet Cookie	22 Buffalo Hot Wings Chef Salad Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Chocolate Pudding	23 Chicken Tenders Chicken Tenders Salad Hot Ham & Cheese Croissant Pizza, Variety Garlic Knot Roll Carrots w/ Dip Tater Tots Chocolate Brownies	24 Buffalo Hot Wings Chicken Salad, Crunchy Crackers Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Banana Pudding	25 Chef Salad Chicken Tenders Crispy Rolled Tacos with Chicken and Cheese Pizza, Variety Garlic Knot Roll Baked Beans Spicy Fries Assorted Gelatins with Topping
28 Chicken Sandwich Chicken Tenders Mandarin Chicken, Rice, Egg Roll Tuna Salad with Crackers Garlic Knot Roll Carrots w/ Dip Seasoned Potato Wedges	29 Buffalo Hot Wings Chef Salad Hamburger Pizza, Variety Garlic Knot Roll Carrots w/ Dip French Fries Vanilla Pudding	30 Chicken Tenders Chicken Tenders Salad Hot Ham & Cheese Croissant Pizza, Variety Garlic Knot Roll Carrots w/ Dip Tater Tots Candy Cookie		

PRICES

Cougar Cafe

DAILY OPTIONS

Fresh Fruit Bowl

Fruit, variety

Chocolate Milk

Low Fat Unflavored

Milk

Strawberry Milk

CONDIMENTS

Mayonnaise

Mustard

Ketchup

Sour Cream

Dipping Sauce, variety

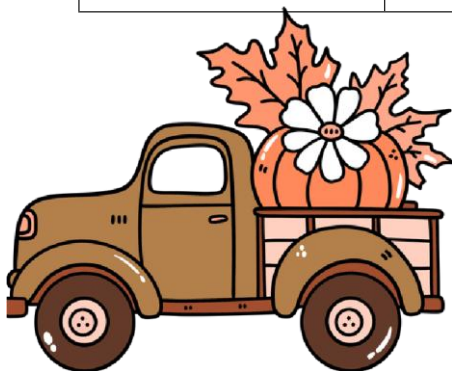
Marinara

Syrup

Salad Dressings

Saltine Crackers

Croutons



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