



OCTOBER 2026

NWHS COUGAR CAFE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

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FALL BREAK WEEK

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NO SCHOOL
Parent Teacher
Conferences

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Cheesburger
Chicken Salad, Country Chicken
Chicken Sandwich
Hamburger
Hot Ham & Cheese Omelette
Pasta, Veggies
Casseroles w/ Dip
French Fries
Biscuits & Gravy

Cheesburger
Chef Salad
Chicken Sandwich
Hamburger
Hot Ham & Cheese Omelette
Pasta, Veggies
Casseroles w/ Dip
Belly Pies
Assorted Salads w/ dressing

Cheesburger
Chef Salad
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Casseroles w/ Dip
French Fries
Chocolate Pudding

Cheesburger
Chicken Sandwich
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Casseroles w/ Dip
Assorted Pudding, Muffins
Chocolate Biscuits

Cheesburger
Chicken Sandwich
Carm Day
Hamburger
Chicken Salad w/ Country Chicken
Pasta, Veggies
Casseroles w/ Dip
French Fries
Biscuits & Gravy

Cheesburger
Chef Salad
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Casseroles w/ Dip
Belly Pies
Assorted Salads w/ dressing

Cheesburger
Chicken Sandwich
Hamburger
Hot Ham & Cheese Omelette
Pasta, Veggies
Pumpkin Soup w/ Chutney
Country Chicken
Casseroles w/ Dip
Biscuits & Gravy
Chocolate Pudding

Cheesburger
Chef Salad
Chicken Sandwich
Hamburger
Hot Ham & Cheese Omelette
Pasta, Veggies
Black Bean Salad
Fruit Tarts
Veggie Pudding

Cheesburger
Chicken Sandwich
Chicken Sandwich
Hamburger
Hot Ham & Cheese Omelette
Pasta, Veggies
Casseroles w/ Dip
Assorted Pudding, Muffins
Belly Biscuits

Cheesburger
Chicken Sandwich
Hamburger
Chicken Salad w/ Country Chicken
Hot Ham & Cheese Omelette
Pasta, Veggies
Casseroles w/ Dip
French Fries
Biscuits & Gravy

Cheesburger
Chef Salad
Chicken Sandwich
Hamburger
Hot Ham & Cheese Omelette
Pasta, Veggies
Casseroles w/ Dip
Belly Pies
Assorted Salads w/ dressing

Cheesburger
Chicken Sandwich
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Pumpkin Soup w/ Chutney
Country Chicken
Casseroles w/ Dip
Biscuits & Gravy
Chocolate Pudding

Cheesburger
Chef Salad
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Black Bean Salad
Fruit Tarts
Veggie Pudding

Cheesburger
Chicken Sandwich
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Assorted Pudding, Muffins
Belly Biscuits

Cheesburger
Chicken Sandwich
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Casseroles w/ Dip
French Fries
Biscuits & Gravy

Cheesburger
Chef Salad
Chicken Sandwich
Carm Day
Hamburger
Pasta, Veggies
Casseroles w/ Dip
Belly Pies
Assorted Salads w/ dressing

COUGAR CAFE LUNCH
SALES & SPECIALS
FRUIT SMOOTHIES
FRUIT SMOOTHIES
FRUIT SMOOTHIES
FRUIT SMOOTHIES
FRUIT SMOOTHIES
FRUIT SMOOTHIES

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