

# Seymour ISD

## COUGAR LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 HOT DOG CHICKEN TENDERS POTATO SMILES CORN SALAD PEACHES APPLE COBBLER WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 2 BBQ ON BUN CORN DOG CHIPS PLAIN BROCCOLI,raw FRUIT COCKTAIL ORANGE SMILES APPLE HALF SALAD COOKIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 3 FRITO PIE COUGAR SNACK PA CARROT STICKS PINTO BEANS SALAD APPLE HALF ORANGE SMILES SPICED APPLES BEAR GRAHAM WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 4 STEAK FINGERS ROLL MASHED POTATOES PEANUT BUTTER SM CORN ON COB ORANGE SMILES SALAD APPLE HALF BLUSHED PEARS WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 5 SPAGHETTI BREAD STICK PEPPERONI PIZZA GREEN BEANS PINEAPPLE SALAD ORANGE SMILES PEACH PARFAIT WHITE MILK CHOCOLATE MILK STRAWBERRY MILK
Mar - 8 HAM CHEF SALAD BURRITO SALAD CARROTS APPLE HALF ORANGE SMILES PINEAPPLE VANILLA PUDDING CHEESE SAUCE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 9 CHICKEN NUGGETS ROLL TACOS MASHED POTATOES GREEN GARDEN PE SALAD PEACHES APPLE HALF LIME APPLESAUCE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 10 PORK RIB ON BUN FISH CHIPS PLAIN CORN ORANGE SMILES APPLE HALF SALAD CHOCOLATE CAKE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 11 SALISBURY STEAK ROLL CHICKEN QUESADIL MASHED POTATOES GREEN BEANS PEARS ORANGE SMILES SALAD BEAR GRAHAM WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 12 CHEESE PIZZA CHEESEBURGER POTATO SMILES CORN APPLE HALF ORANGE SMILES SALAD CHERRY SHAPE UP WHITE MILK CHOCOLATE MILK STRAWBERRY MILK
Mar - 15 Mar - 22 MEATLOAF ROLL TACOS COWBOY BEANS SALAD APPLE HALF PEACH CUP CHOCOLATE PUDDI WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 16 Mar - 23 CHICKEN NUGGETS TUNA SANDWICH GREEN GARDEN PE SALAD FRUIT COCKTAIL APPLE HALF RICE KRISPIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 17 Mar - 24 SALISBURY STEAK ROLL MASHED POTATOES CHICKEN QUESADIL GREEN BEANS SALAD PEARS APPLE HALF BROWNIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 18 Mar - 25 PEANUT BUTTER SM CHICKEN POT PIE ROLL MIXED VEGETABLES SALAD CARROT STICKS FRUIT CUP WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 19 Mar - 26 CHEESE PIZZA HOAGIE SANDWICH CHIPS PLAIN SALAD CORN APPLE HALF ORANGE SMILES VANILLA ICE CREAM WHITE MILK CHOCOLATE MILK STRAWBERRY MILK
Mar - 29 HOT DOG CHICKEN TENDERS POTATO SMILES CORN SALAD PEACHES APPLE COBBLER WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 30 BBQ ON BUN CORN DOG CHIPS PLAIN BROCCOLI,raw FRUIT COCKTAIL ORANGE SMILES APPLE HALF SALAD COOKIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 31 FRITO PIE COUGAR SNACK PA CARROT STICKS PINTO BEANS SALAD APPLE HALF ORANGE SMILES SPICED APPLES BEAR GRAHAM WHITE MILK CHOCOLATE MILK STRAWBERRY MILK		

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.