



OCTOBER 2026
Central Lutheran School's
COUGAR CAFE
Where we feed your body & JESUS feeds your soul



28 Sausage & Egg Breakfast Pizza Hash Brown Patty Celery Orange or Apple Juice	29 Fiestada Salsa ~ Sour Cream Romaine Cherry Tomatoes Banana	30 Scalloped Potatoes & Ham Dinner Roll Corn Peaches Cottage Cheese	1 Cheeseburger Macaroni Green Beans Candied Carrots Pears	2 Pulled Pork on WG Bun Onion, Pickle Baked Beans Mixed Berries
NEW 5 Country Fried Beef Fingers Mashed Potatoes Peas Mixed Fruit	6 Crispito Cheese Sauce - Salsa Cooked Broccoli Radishes Grapes	7 Stuffed Crust Pizza > Pepperoni or Cheese < Romaine Baby Carrots-Cucumbers Mandarin Oranges	8 Goulash Garlic Breadstick Roasted Cauliflower Red Pepper Applesauce / Dried Cranberries	9 NO SCHOOL
12 Chicken Strips AND a Waffle NEW Hash Brown Rounds Red Peppers Pineapple / Apples	13 Quesadilla Pizza Salsa ~ Sour Cream Black Beans Romaine Banana	14 Bosco Sticks Marinara Sauce Baby Carrots Raw Broccoli & Cauliflower Pears	15 Cheesy Chicken & Rice Cooked Broccoli Romaine ~ Cucumbers Blueberries	16 Burger on a WG Bun Cheese Romaine, Tomato, Onion, Pickle Potato Wedges Apples
19 Pancakes Little Smokie Sausages Harvest Treats Juice celery Mixed Fruit	20 Beef TOTchos Cheese, Salsa, Tomato, Onion Romaine ~ Refried Beans Grapes & Cinnamon Toast Crisps	21 Pizza Crunchers Marinara Sauce California Medley Romaine Strawberries	22 Beef & Noodles Bread & Butter Green Beans Peaches Cottage Cheese	23 Ham Sub Cheese, Romaine, Tomato, Onion, Pickle Sweet Potato Fries Mango
26 ORIGINAL Cougar Crunch Bread & Butter Corn Pea Pods Pears	NEW 27 Frito Taco Chili Pie Shredded Cheese Tomato - Onion Romaine Banana	NEW 28 Deep Dish Pizza Mixed Vegetables Romaine ~ Raw Cauliflower Mandarin Oranges Dried Cherries	29 Chicken Parmesan (breaded chicken patty with or without mozzarella) Buttered Noodles Marinara Sauce California Medley / Romaine Mixed Berries	30 Hot Dog OCTOPUS HARVESTcheddar SunChips CANDY carrots PUMPKIN peppers SLIMEsauce

All meals served with a choice of Skim, 1%, or Skim Chocolate milk.

This institution is an equal opportunity employer.

Central Lutheran School provides students with a quality education built on a firm Christian foundation,
so they grow in the knowledge of Jesus as their Savior and become loving servants to others.