Coginchaug High School

Deli Station

Offered Daily:

- Roast Beef
- Turkey Breast
- Buffalo Chicken Breast
- Low Sodium Ham
- Chicken Tender
- Chicken Teriyaki Breast
- Tuna Salad
- Chicken Salad
- Buffalo Chicken Salad
- Egg Salad

Cheese Choices:

- American Cheese
- Swiss Cheese
- Provolone Cheese
- Pepperjack

Dressings:

- Mayo – Honey Mustard
- Horsey Sauce – Ranch – O / V

Choice of Bread:

- Wraps – Tomato – Wheat – Plain – Spinach
- Kaiser Roll
“INCRÉDIBLES”

PACKAGED AS A MEAL “ONLY” $3.25

ALL MEALS SERVED WITH FRUIT, VEGETABLE AND CHOICE OF MILK

MONDAY - PASTA BAR - CHOICE OF PASTAS TOPPED WITH THE RED OR WHITE SAUCE, CHOICE OF MEATBALLS OR CHICKEN PARM BITES, STEAMED VEGETABLES AND GARLIC BREAD.

TUESDAY - POTATO BOWL - CONSIST OF GARLIC MASHED POTATOES, SWEET CORN AND POPCORN CHICKEN BITES. TOPPED WITH GRAVY

WEDNESDAY - GENERAL TSO CHICKEN OR SPRING ROLL, WITH STEAMED VEGETABLES, RICE AND CHOICE OF FRUIT.

THURSDAY - TACO BAR - CHOICE OF BEEF OR CHICKEN TOPPED WITH FRESH VEGETABLE & CHEESE. BLACK BEAN SALAD & CHOICE OF FRUIT.

FRIDAY - ASSORTED PIZZA CHOICES - GARDEN SALAD, FRUIT CUP OR FRESH FRUIT
HOT-N-SPICY

$4.50 AS A MEAL- with MILK

$4.00 a la carte with veggie cup or Fresh Fruit

- SPICY CHICKEN PATTIE SANDWICH
- CHICKEN TENDERS WITH SAUCES
- CORN DOG
- SPICY CHICKEN BITS
- MEATBALL GRINDER
Greens

Salads made to order: $4.50 w/ milk

Fresh Mixed Greens:
- Romaine
- Spinach
- Iceburg
- Green Leaf
- *
- *
- *
- *
- *
- *
- *
- *
- *
- *
- *

Toppings:
- Baby Carrots
- Cucumbers
- * Diced Tomatoes
- * Sliced Red Onions
- * Sweet Pickles
- * Crisp French Onions
- * Chopped Green & Red Peppers
- * Craisins
- * Croutons

Proteins:
- Hard Boiled Eggs
- * Tuna Salad
- * Chicken Salad
- * Shredded Cheese
- * Chix Peas
- * Ham Salad
- * Black Beans
- * Diced Chicken