



7. Nutrition and Extended Program

Nutrition

Section 7

A major emphasis is placed on proper nutrition. The menu is planned on a monthly basis and features nutritionally balanced quality components. All meals are plentiful and tasty. Vegetarian entries are available each day. Proper table manners are emphasized and pursued during meals. Meals at Cougar Mountain Academy are designed to be an enjoyable event all students look forward to each day.

Before and After School Extended Program

Section 7

The regular school curriculum may be extended in part or full to satisfy the needs of working as well as non-working parents. The before and after school extended time provides an additional opportunity for each child to gain valuable experience in the important social aspects of life and to become involved in other Cougar Mountain Academy afternoon functions.

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