


CAFÉ MENÚ

3RD - 12TH

January 5th – 9th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Sweet & Sour Chicken  Lo Mein  Sweet Carrots Pot Sticker	 Queso Chicken Mexican Rice Refried Beans Chips & Queso	Pulled BBQ Chicken Cream Corn  Broccoli Hushpuppies	 Fried Chicken Baked Chicken Mac & Cheese  Green Beans Cornbread	Pancakes Sausage Link Butter Grits Hash Brown Casserole
GRILL	Corn Dogs Philly Cheese Steak  Grilled Chicken Sandwich Served Daily:  Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Black bean Burger, French Fries, Onion Rings, Cheese Sticks	Hand Breaded Chicken Tenders Pepperoni Pizza Sub  Grilled Chicken Sandwich	Chicken Nuggets Buffalo Chicken Sub  Grilled Chicken Sandwich	All Beef Hot Dog Chicken Bacon Ranch Sub  Grilled Chicken Sandwich	NO FRIED FRIDAY Grilled Chicken Tenders Grilled Chicken Sandwich Cheese Burger Bacon Cheese Burger Black Bean Veggie Burger Roasted Potato Wedges Italian Sub
PIZZA	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli
SALAD BAR	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato
TO GO	Served Daily:  Chicken Ceasar Salad, Turkey Sub, Buffalo Chicken Wrap, Pudding Parfait,  Fresh Fruit,  Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				

 Be Well food option

If you have questions or concerns, please email foodservice@hpcacougars.org



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Teriyaki Chicken  Fried Rice Sweet Carrots Egg Roll	Smothered Beef Burrito Spanish Rice Refried Beans Chips & Queso	Chicken Alfredo Penne Pasta Steamed Broccoli Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	Carved Pork Loin Mashed Potatoes Grilled Zucchini Yeast Roll
GRILL	Corn Dogs Philly Cheese Steak  Grilled Chicken Sandwich Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Black Bean Burger, French Fries, Onion Rings, Cheese Sticks	Hand Breaded Chicken Fingers Pepperoni Pizza Sub  Turkey Burger	Chicken Nuggets Buffalo Chicken Sub Grilled Chicken Sandwich	All Beef Hot Dog Chicken Bacon Ranch Sub Grilled Chicken Sandwich	NO FRIED FRIDAY  Grilled Chicken Tenders  Grilled Chicken Sandwich Cheese Burger Bacon Cheese Burger  Black Bean Veggie Burger  Roasted Potato Wedges  Italian Sub
PIZZA	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli
SLALD BAR	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato	 Build your own Salad Soup of The Day Pasta of the day  Baked Potato  Sweet Potato
TO GO	Served Daily:  Chicken Ceasar Salad, Turkey Sub, Buffalo Chicken Wrap, Pudding Parfait,  Fresh Fruit,  Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				

 Be Well food option

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WK4

January 19th – 23rd



Be Well food option

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CAFÉ MENU

3RD - 12TH

January 26th – 30th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Hibachi Chicken Fried Rice Sweet Carrots Egg Roll	Chicken Quesadilla Spanish Rice Refried Beans Chips & Queso	Spaghetti w/ Meat Sauce Pasta Broccoli Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	Pot Roast Mashed Potatoes Braised Carrots Yeast Roll
GRILL	Corn Dogs Philly Cheese Steak Grilled Chicken Sandwich Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Black Bean Burger, French Fries, Onion Rings, Cheese Sticks	Hand Breaded Chicken Fingers Pepperoni Pizza Sub Grilled Chicken Sandwich	Chicken Nuggets Buffalo Chicken Sub Grilled Chicken Sandwich	All Beef Hot Dog Chicken Bacon Ranch Sub Grilled Chicken Sandwich	NO FRIED FRIDAY Grilled Chicken Tenders Grilled Chicken Sandwich Cheese Burger Bacon Cheese Burger Black Bean Veggie Burger Roasted Potato Wedges Italian Sub
PIZZA	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli
SLALD BAR	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato
TO GO	Served Daily: Chicken Ceasar Salad, Turkey Sub, Buffalo Chicken Wrap, Pudding Parfait, Fresh Fruit, Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				

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