

# CAFÉ MENÚ WKS

3RD - 12TH

September 5th - 9th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLASSICS	GRILL	PIZZA	SALAD BAR	TO GO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						<b>Chicken Quesadilla</b> Spanish Rice Black Beans Chips & Queso	<b>Ravioli Lasagna</b> Broccoli Garlic Bread	<b>Fried Chicken</b> <b>Baked Chicken</b>  Mac & Cheese Green Beans Yeast Roll	<b>Waffles</b>  Hashbrown Casserole Cheese Grits Bacon	
					<b>Holiday No School</b>	<b>Chicken Tenders</b> <b>Turkey Burger</b> <b>Pepperoni Pizza Sub</b>	<b>Chicken Nuggets</b> <b>Turkey Burger</b> <b>Buffalo Chicken Sub</b>	<b>Chicken Tenders</b> <b>Turkey Burger</b> <b>Chicken Bacon</b> <b>Ranch Sub</b>	<b>Chicken Nuggets</b> <b>Turkey Burger</b> <b>Italian Sub</b>	
						Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger Crispy Chicken Sandwich, Grilled Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks				
						<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>	
Build your own Salad  Soup of The Day  Pasta of the day  Baked Potato	Build your own Salad  Soup of The Day  Pasta of the day  Baked Potato	Build your own Salad  Soup of The Day  Pasta of the day  Baked Potato	Build your own Salad  Soup of The Day  Pasta of the day  Baked Potato							
Served Daily:  Grilled Chicken Salad,  Chicken Ceasar Salad, Turkey Club 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](mailto:foodservice@hpcacougars.org)

# CAFÉ MENU WKS

3RD - 12TH

September 12th - 16th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	<b>Hibachi Chicken</b>  Fried Rice Sweet Carrots Egg Roll	<b>Taco Salad</b>  Spanish Rice Refried Beans Chips & Queso	<b>Baked Spaghetti</b>  Broccoli Garlic bread	<b>Fried Chicken</b> <b>Baked Chicken</b>  Mac & Cheese Green Beans Yeast Roll	<b>Meatloaf</b>  Mashed Potatoes Mixed Vegetables Yeast Roll
GRILL	<b>Chicken Nuggets</b> <b>Turkey Burger</b> <b>Philly Cheesesteak Sub</b>	<b>Chicken Tenders</b> <b>Turkey Burger</b> <b>Chicken Parm Sub</b>	<b>Chicken Nuggets</b> <b>Turkey Burger</b> <b>Buffalo Chicken Sub</b>	<b>Chicken Tenders</b> <b>Turkey burger</b> <b>Chicken Bacon Ranch Sub</b>	<b>Chicken Nuggets</b> <b>Turkey Burger</b> <b>Pepperoni Pizza Sub</b>
Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger Crispy Chicken Sandwich, Grilled Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks					
PIZZA	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Stromboli</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Stromboli</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Stromboli</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Stromboli</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Stromboli</b>
SLALD BAR	<b>Build your own Salad</b>  <b>Soup of The Day</b>  <b>Pasta of the day</b>  <b>Baked Potato</b>	<b>Build your own Salad</b>  <b>Soup of The Day</b>  <b>Pasta of the day</b>  <b>Baked Potato</b>	<b>Build your own Salad</b>  <b>Soup of The Day</b>  <b>Pasta of the day</b>  <b>Baked Potato</b>	<b>Build your own Salad</b>  <b>Soup of The Day</b>  <b>Pasta of the day</b>  <b>Baked Potato</b>	<b>Build your own Salad</b>  <b>Soup of The Day</b>  <b>Pasta of the day</b>  <b>Baked Potato</b>
TO GO	<b>Served Daily:</b> Grilled Chicken Salad,  Chicken Ceasar Salad, Turkey Club 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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# CAFÉ MENU WK4

3RD –12TH GRADE

September 19th - 23rd



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	<b>Orange Chicken</b> Fried Rice Snow Peas Pot Sticker	<b>Queso Chicken</b> Mexican Rice Refried Beans Chips & Queso	<b>Baked BBQ Chicken</b> Asparagus Roasted Potatoes Yeast Roll	<b>Early Dismissal NO LUNCH</b>	<b>Early Dismissal NO LUNCH</b>
GRILL	<b>Chicken Nuggets</b> <b>Turkey Burger</b> <b>Philly Cheesesteak Sub</b> Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger Crispy Chicken Sandwich, Grilled Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks	<b>Chicken Tenders</b> <b>Turkey Burger</b> <b>Pepperoni Pizza Sub</b>	<b>Chicken Nuggets</b> <b>Turkey Burger</b> <b>Buffalo Chicken Sub</b>		
PIZZA	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>		
SALAD BAR	Build your own Salad Soup of The Day Pasta of the day Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Sweet Potato		
TO GO	Served Daily: Grilled Chicken Salad, Chicken Caesar Salad, Assorted Sub & Wraps, Pudding Parfait, Fresh Fruit, Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				

Be Well food option

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# CAFÉ MENU WK1

3RD – 12TH

September 26th - 30th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLASSICS GRILL PIZZA SALAD BAR TO GO	<b>Hibachi Chicken</b>  Fried Rice Sweet Carrots Egg Roll	<b>Beef Nachos</b>  Mexican Rice Refried Beans Chips & Queso	<b>Chicken Alfredo</b>  Penne Pasta 🍷 Broccoli Garlic Bread	<b>Fried Chicken Baked Chicken</b>  Mac & Cheese Green Beans Yeast Roll	<h1>Cougarthon Carnival</h1>
	<b>Chicken Nugget Turkey Burger Chicken Parm Sub</b>	🍷 <b>Chicken Tenders Turkey Burger Chicken Parm Sub</b>	🍷 <b>Chicken Nuggets Turkey Burger Buffalo Chicken Sub</b>	<b>Chicken Tenders Turkey Burger Chicken Bacon Ranch Sub</b>	
	Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Spicy Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks				
	<b>Cheese Pizza Pepperoni Pizza Stromboli</b>	<b>Cheese Pizza Pepperoni Pizza Stromboli</b>	<b>Cheese Pizza Pepperoni Pizza Stromboli</b>	<b>Cheese Pizza Pepperoni Pizza Stromboli</b>	
	<b>Build your own Salad</b>  Soup of The Day  Cheese Stuffed Shells  Baked Potato	🍷 <b>Build your own Salad</b>  Soup of The Day  Cheese Stuffed Shells  🍷 Baked Potato	<b>Build your own Salad</b>  Soup of The Day  Cheese Stuffed Shells  Baked Potato	<b>Build your own Salad</b>  Soup of The Day  Cheese Stuffed Shells  Baked Potato	
<b>Served Daily:</b> 🍷 Grilled Chicken Salad, 🍷 Chicken Caesar Salad, Turkey Club 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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