

# CAFÉ MENÚ WKS

3RD - 12TH

Jan 6th - 10th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	<b>Hibachi Chicken</b>  Fried Rice Sweet Carrots Egg Roll	<b>Beef Nachos</b>  Spanish Rice Refried Beans Chips & Queso	<b>Spaghetti W/ Meat sauce</b>  Roasted Broccoli Garlic Bread	<b>Fried Chicken</b> <b>Baked Chicken</b>  Mac & Cheese Green Beans Cornbread	<b>French Toast</b>  Hashbrown Casserole Cheese Grits Sausage
GRILL	<b>Turkey Cranberry Panini</b>  Corn Dog  <b>Philly Cheese Steak</b>  Turkey Burger	<b>Turkey Cranberry Panini</b>  Chicken Nuggets  <b>Pepperoni Pizza Sub</b>  Grilled Chicken Sandwich	<b>Turkey Cranberry Panini</b>  Hand Breaded Chicken Fingers  <b>Buffalo Chicken Sub</b>  Turkey Burger	<b>Turkey Cranberry Panini</b>  Hot Dogs  <b>Chicken Bacon Ranch Sub</b>  Grilled Chicken Sandwich	<b>Turkey Cranberry Panini</b>  Hand Breaded Chicken Fingers  <b>Italian Sub</b>  Turkey Burger
<small>Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks</small>					
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>
SALAD BAR	<b>Build your own Salad</b>  Soup of The Day  Pasta of the day  Baked Potato	<b>Build your own Salad</b>  Soup of The Day  Pasta of the day  Baked Potato	<b>Build your own Salad</b>  Soup of The Day  Pasta of the day  Baked Potato	<b>Build your own Salad</b>  Soup of The Day  Pasta of the day  Baked Potato	<b>Build your own Salad</b>  Soup of The Day  Pasta of the day  Baked Potato
TO GO	<b>Served Daily:</b> Grilled Chicken Cobb Salad  Chicken Ceasar Salad, Turkey Club Sub, Buffalo Chicken Wrap, Pudding Parfait,  Fresh Fruit,  Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin				

Be Well food option

If you have questions or concerns, please email [foodservice@hpcacougars.org](mailto:foodservice@hpcacougars.org)

# CAFÉ MENU

3RD - 12TH

Jan 13th - 17th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	<b>Beef Stir Fry</b> Udon Noodle Sweet Carrots Egg Roll	<b>Pulled Chicken Burrito Bowl</b> Spanish Rice Refried Beans Chips & Queso	<b>Grilled Chicken Alfredo</b> Penne Pasta Broccoli Garlic bread	<b>Fried Chicken Baked Chicken</b> Mac & Cheese Green Beans Cornbread	<b>Carved Pork Loin</b> Mashed Potatoes & Gravy Roasted Zucchini Dinner Roll
GRILL	<b>Chipotle Chicken Panini</b> Corn Dog Philly Cheese Steak Turkey Burger	<b>Chipotle Chicken Panini</b> Chicken Nuggets Pepperoni Pizza Sub Grilled Chicken Sandwich	<b>Chipotle Chicken Panini</b> Hand Breaded Chicken Fingers Buffalo Chicken Sub Turkey Burger	<b>Chipotle Chicken Panini</b> Hot Dogs Chicken Bacon Ranch Sub Grilled Chicken Sandwich	<b>Chipotle Chicken Panini</b> Hand Breaded Chicken Fingers Italian Sub Turkey Burger
<b>Served Daily:</b> Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks					
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	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
TO GO	<b>Served Daily:</b> Grilled Chicken Cobb Salad, Chicken Ceasar Salad, Turkey Club Sub, Buffalo Chicken Wrap, Pudding Parfait, Fresh Fruit, Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin				

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# CAFÉ MENU WK4

3RD –12TH GRADE

Jan 20th - 24th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLASSICS	MILK Day NO SCHOOL	Queso Chicken	Chicken Parmesan	Fried Chicken Baked Chicken	Waffles	
		Mexican Rice Refried Beans Chips & Queso	Penne Noodle Broccoli Garlic bread	Mac & Cheese Green Beans Cornbread	Hashbrown Triangles Butter Grits Sausage	
		GRILL	Sundried Chicken Panini	Sundried Chicken Panini	Sundried Chicken Panini	Sundried Chicken Panini
		Chicken Nuggets	Hand Breaded Chicken Fingers	Hot Dogs	Hand Breaded Chicken Fingers	
		Pepperoni Pizza Sub	Buffalo Chicken Sub	Chicken Bacon Ranch Sub	Italian Sub	
PIZZA	Turkey Burger	Grilled Chicken Sandwich	Turkey Burger	Grilled Chicken Sandwich		
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	Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks					
Build your own Salad	Build your own Salad	Build your own Salad	Build your own Salad	Build your own Salad		
Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day		
Pasta of the day	Pasta of the day	Pasta of the day	Pasta of the day	Pasta of the day		
Baked Potato	Baked Potato	Baked Potato	Baked Potato	Baked Potato		
TO GO	Served Daily: Grilled Chicken Salad, Chicken Ceasar Salad, Assorted Sub & Wraps, Pudding Parfait, Fresh Fruit, Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin					

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# CAFÉ MENU

3RD - 12TH

Jan 27th - 31st



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	<b>General T Chicken</b> Udon Noodle Sweet Carrots Egg Roll	<b>Smothered Beef Burrito</b> Spanish Rice Refried Beans Chips & Queso	<b>Pasta Rustica (Sausgae Cream Sauce)</b> Penne Pasta Broccoli Garlic bread	<b>Fried Chicken Baked Chicken</b> Mac & Cheese Green Beans Cornbread	<b>Chicken &amp; Dumplings</b> Mixed Vegetables Dinner Roll
GRILL	<b>Turkey Bacon Ranch Panini</b> Corn Dog Philly Cheese Steak Turkey Burger	<b>Turkey Bacon Ranch Panini</b> Chicken Nuggets Pepperoni Pizza Sub Grilled Chicken Sandwich	<b>Turkey Bacon Ranch Panini</b> Hand Breaded Chicken Fingers Buffalo Chicken Sub Turkey Burger	<b>Turkey Bacon Ranch Panini</b> Hot Dogs Chicken Bacon Ranch Sub Grilled Chicken Sandwich	<b>Turkey Bacon Ranch Panini</b> Hand Breaded Chicken Fingers Italian Sub Turkey Burger
<i>Served Daily:</i> Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks					
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	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
TO GO	<b>Served Daily:</b> Grilled Chicken Cobb Salad, Chicken Ceasar Salad, Turkey Club Sub, Buffalo Chicken Wrap, Pudding Parfait, Fresh Fruit, Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin				

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