

CAFÉ MENÚ WKS

3RD - 12TH

September 30th – October 4th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Sweet & Sour Chicken Fried Rice Sweet Carrots Egg Roll	Taco Salad Spanish Rice Refried Beans Chips & Queso	Chicken Parmesan Penne Pasta Roasted Broccoli Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	<h1>Cougar Carnival</h1>
GRILL	Turkey Cranberry Panini Corn Dog Philly Cheese Steak Turkey Burger	Turkey Cranberry Panini Chicken Nuggets Pepperoni Pizza Sub Grilled Chicken Sandwich	Turkey Cranberry Panini Hand Breaded Chicken Fingers Buffalo Chicken Sub Turkey Burger	Turkey Cranberry Panini Chicken Nuggets Chicken Bacon Ranch Sub Grilled Chicken Sandwich	
Served Daily: 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	
SALAD 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	
TO GO	Served Daily: 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, Cinnamon Rolls				

Be Well food option

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

CAFÉ MENU

3RD - 12TH

October 7th - 11th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Hibachi Chicken Fried Rice Sweet Carrots Egg Roll	Chicken Quesadilla Spanish Rice Refried Beans Chips & Queso	Grilled Chicken Alfredo Penne Pasta Broccoli Garlic bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	French Toast Cheese Grits Hashbrown Casserole Sausage Link
GRILL	Chipotle Chicken Panini Corn Dog Philly Cheese Steak Turkey Burger	Chipotle Chicken Panini Chicken Nuggets Pepperoni Pizza Sub Grilled Chicken Sandwich	Chipotle Chicken Panini Hand Breaded Chicken Fingers Buffalo Chicken Sub Turkey Burger	Chipotle Chicken Panini Chicken Nuggets Chicken Bacon Ranch Sub Grilled Chicken Sandwich	Chipotle Chicken Panini Hand Breaded Chicken Fingers Italian Sub Turkey Burger
Served Daily: 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	Served Daily: 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, Cinnamon Rolls				

Be Well food option

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CAFÉ MENU WK4

3RD –12TH GRADE

October 14th - 18th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Genral T Chicken Fried Rice Sweet Carrots Egg Roll	Queso Chicken Mexican Rice Refried Beans Chips & Queso	Early Dismissal NO LUNCH	Teacher Workday NO SCHOOL	No School
GRILL	Sundried Chicken Panini Corn Dog Philly Cheesesteak Sub Grilled Chicken Sandwich	Sundried Chicken Panini Chicken Nuggets Pepperoni Pizza Sub Turkey Burger			
PIZZA	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	Build your own Salad Soup of The Day Pasta of the day Baked Potato			
TO GO	Served Daily. Grilled Chicken Salad, Chicken Ceasar Salad, Assorted Sub & Wraps, Pudding Parfait, Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				

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CAFÉ MENÚ WKS

3RD - 12TH

October 21st - 25th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Hibachi Chicken Fried Rice Sweet Carrots Egg Roll	Smothered Beef Burrito Spanish Rice Refried Beans Chips & Queso	Pasta Rustica (Cream Sauce w/ Sausage & Herbs) 🌱 Roasted Broccoli Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	Biscuit & Gravy Hashbrown Casserole Cheese Grits Bacon
GRILL	Italian Panini Corn Dog Philly Cheese Steak Turkey Burger	Italian Panini Chicken Nuggets Pepperoni Pizza Sub Grilled Chicken Sandwich	Italian Panini Hand Breaded Chicken Fingers Buffalo Chicken Sub Turkey Burger	Italian Panini Chicken Nuggets Chicken Bacon Ranch Sub Grilled Chicken Sandwich	Italian Panini Hand Breaded Chicken Fingers Italian Sub Turkey Burger
<small>Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks</small>					
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	🌱 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	Served Daily: 🌱 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, Cinnamon Rolls				

🌱 Be Well food option

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CAFÉ MENU WK4

3RD –12TH GRADE

October 28th – November 1st



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Orange Chicken Fried Rice Sweet Carrots Egg Roll	Beef Enchiladas Mexican Rice Refried Beans Chips & Queso	Spaghetti w/ Meat Sauce Broccoli Pasta Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	Grilled Cheese Tomato Soup Ceasar Salad
GRILL	Turkey Bacon Cheddar Panini Hand Breaded Chicken Fingers Philly Cheesesteak Sub Grilled Chicken Sandwich	Turkey Bacon Cheddar Panini Chicken Nuggets Pepperoni Pizza Sub Turkey Burger	Turkey Bacon Cheddar Panini Hand Breaded Chicken Fingers Buffalo Chicken Sub Turkey Burger	Turkey Bacon Cheddar Panini Chicken Nuggets Chicken Bacon Ranch Sub Grilled Chicken Sandwich	Turkey Bacon Cheddar Panini Hand Breaded Chicken Fingers Italian Sub Turkey Burger
<small>Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks</small>					
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	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	Served Daily: Grilled Chicken Salad, Chicken Ceasar Salad, Assorted Sub & Wraps, Pudding Parfait, Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon				Fresh Fruit, Cheese & Rolls

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