

# CAFÉ MENÚ WKS

3RD - 12TH

October 30th – Nov 3rd



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	<b>Sweet &amp; Sour Chicken</b>  Noodles Sweet Carrots Egg Roll	<b>Beef Nacho's</b>  Spanish Rice Refried Beans Chips & Queso	<b>Spaghetti W/ Meat Sauce</b>  🍷 Roasted Broccoli Garlic Bread	<b>Fried Chicken Baked Chicken</b>  🍷 Mac & Cheese 🍷 Green Beans Cornbread	<b>Biscuit &amp; Gravy</b>  🍷 Cheesy Potato's Grits Bacon
GRILL	<b>Turkey Cranberry Panini</b>  Chicken Nuggets  Philly Cheesesteak  <b>Served Daily:</b> Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, 🍷 Grilled Chicken Sandwich, 🍷 Turkey Burger, French Fries	<b>Turkey Cranberry Panini</b>  Mozzarella Cheese Stick  Pepperoni Pizza Sub	<b>Turkey Cranberry Panini</b>  Chicken Nuggets  Buffalo Chicken Sub	<b>Turkey Cranberry Panini</b>  Mozzarella Cheese Stick  Chicken Bacon Ranch Sub	<b>Turkey Cranberry Panini</b>  Chicken Nuggets  Italian Sub
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	🍷 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, 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

Nov 6th - 10th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	<b>Hibachi Chicken</b> Fried Rice Sweet Carrots Egg Roll	<b>Chicken Quesadilla</b> Spanish Rice Refried Beans Chips & Queso	<b>Pasta Rustica (Grilled Chicken w/ Creamy Sausage &amp; Herb Sauce)</b>  Penne Pasta Broccoli Garlic bread	<b>Fried Chicken Baked Chicken</b>  Mac & Cheese Green Beans Cornbread	<b>Grilled Cheese</b>  Tomato Soup Or Chicken & Rice Soup  Caesar Salad
GRILL	<b>Chipotle Chicken Panini</b>  Chicken Nuggets  Philly Cheese Steak Sub	<b>Chipotle Chicken Panini</b>  Mozzarella Cheese Stick  Pepperoni Pizza Sub	<b>Chipotle Chicken Panini</b>  Chicken Nuggets  Buffalo Chicken Sub	<b>Chipotle Chicken Panini</b>  Mozzarella Cheese Stick  Chicken Bacon Ranch Sub	<b>Chipotle Chicken Panini</b>  Chicken Nuggets  Italian Sub
Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Grilled Chicken Sandwich, Turkey Burger, French Fries, Onion Rings, Cheese Sticks					
PIZZA	Cheese Pizza Pepperoni Pizza Calzone	Cheese Pizza Pepperoni Pizza Calzone	Cheese Pizza Pepperoni Pizza Calzone	Cheese Pizza Pepperoni Pizza Calzone	Cheese Pizza Pepperoni Pizza Calzone
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				

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# CAFÉ MENU WK4

3RD –12TH GRADE

Nov 13th - 17th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLASSICS GRILL PIZZA SALAD BAR TO GO	<b>Teriyaki Chicken</b> Noodles Sweet Carrots Egg Roll	<b>Queso Chicken</b> Mexican Rice Refried Beans Chips & Queso	<b>Baked Ziti</b> Penne Pasta Broccoli Garlic Bread	<b>Fried Chicken</b> <b>Baked Chicken</b> Mac & Cheese Green Beans Cornbread	<b>French Toast</b> Breakfast Potatoes Cheese Grits Sausage
	<b>Turkey Cheddar Bacon Panini</b> Chicken Nuggets Philly Cheesesteak Sub Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Onion Rings, Cheese Sticks	<b>Turkey Cheddar Bacon Panini</b> Mozzarella Cheese Stick Pepperoni Pizza Sub	<b>Turkey Cheddar Bacon Panini</b> Chicken Nuggets Buffalo Chicken Sub	<b>Turkey Cheddar Bacon Panini</b> Mozzarella Cheese Stick Chicken Bacon Ranch Sub	<b>Turkey Cheddar Bacon Panini</b> Chicken Nuggets Italian Sub Served Daily: Turkey Burger, French Fries
	<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>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Calzone</b>
	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	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
	<b>Served Daily:</b> Grilled Chicken Salad, Chicken Ceasar Salad, Assorted Sub & Wraps, Pudding Parfait, Fresh Fruit, Cheese & Grapes, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				

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# CAFÉ MENÚ WKS

3RD - 12TH

Nov 20th - 24th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLASSICS	<b>Hibachi Chicken</b>  Fried Rice Sweet Carrots Egg Roll	<b>Taco Salad</b>  Spanish Rice Refried Beans Chips & Queso				
	<b>Chicken Pesto Panini</b>  <b>Chicken Nuggets</b>  <b>Philly Cheese Steak</b>  <b>Served Daily:</b> Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Grilled Chicken Sandwich, Turkey Burger, French Fries, Onion Rings, Cheese Sticks	<b>Chicken Pesto Panini</b>  <b>Mozzarella Cheese Stick</b>  <b>Pepperoni Pizza Sub</b>				
	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Stromboli</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Stromboli</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>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, Cinnamon Rolls					



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