

# CAFÉ MENU

Preschool

November 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31 <b>Cheese Pizza</b> Carrots &amp; Ranch Apple Slices</p> <p><b>Snack</b> Goldfish</p>	<p>1 <b>Chicken Quesadilla</b> Mexican Rice Refried Beans</p> <p><b>Snack</b> Animal Cracker</p>	<p>2 <b>Ravioli Lasagna</b> Broccoli Garlic Bread</p> <p><b>Snack</b> Cheese Stick</p>	<p>3 <b>Chicken Nuggets</b> Mac &amp; Cheese Green Beans</p> <p><b>Snack</b> Blueberries</p>	<p>4 <b>French Toast</b> Sausage Link Grits</p> <p><b>Snack</b> Strawberries</p>
<p>7 <b>Hibachi Chicken</b> Fried Rice Sweet Carrots</p> <p><b>Snack</b> Apples</p>	<p>8 <b>Mini Chicken Sandwich</b> Potato Chip Pineapple Chuck</p> <p><b>Snack</b> Cheese It</p>	<p>9 <b>Mini Corndog</b> Broccoli Peaches</p> <p><b>Snack</b> Teddy Grahams</p>	<p>10 <b>Chicken Nuggets</b> Mac &amp; Cheese Green Beans</p> <p><b>Snack</b> Chips</p>	<p>11 <b>Roasted Turkey</b> Mashed Potatoes Cranberry Sauce</p> <p><b>Snack</b> Apple Sauce</p>
<p>14 <b>Cheese Pizza</b> Carrots &amp; Ranch Apple Slices</p> <p><b>Snack</b> Goldfish</p>	<p>15 <b>Queso Chicken</b> Mexican Rice Refried Beans</p> <p><b>Snack</b> Animal Cracker</p>	<p>16 <b>Baked Pasta</b> Broccoli Garlic Bread</p> <p><b>Snack</b> Cheese Stick</p>	<p>17 <b>Chicken Nuggets</b> Mac &amp; Cheese Green Bean</p> <p><b>Snack</b> Blueberries</p>	<p>18 <b>Biscuit &amp; Gravy</b> Bacon Grits</p> <p><b>Snack</b> Strawberries</p>
<p>21 <b>Hibachi Chicken</b> Fried Rice Sweet Carrots</p> <p><b>Snack</b> Apples</p>	<p>22 <b>Mini Chicken Sandwich</b> Potato Chip Pineapple Chuck</p> <p><b>Snack</b> Cheese It</p>	<p>23</p> <p><b>NO SCHOOL</b></p>	<p>24</p> <p><b>HAPPY THANKS GIVING</b></p>	<p>25</p> <p><b>NO SCHOOL</b></p>
<p>28 <b>Cheese Pizza</b> Carrots &amp; Ranch Apple Slices</p> <p><b>Snack</b> Goldfish</p>	<p>29 <b>Chicken Quesadilla</b> Mexican Rice Refried Beans</p> <p><b>Snack</b> Animal Cracker</p>	<p>30 <b>Ravioli Lasagna</b> Broccoli Garlic Bread</p> <p><b>Snack</b> Cheese Stick</p>	<p>1 <b>Chicken Nuggets</b> Mac &amp; Cheese Green Beans</p> <p><b>Snack</b> Blueberries</p>	<p>2 <b>French Toast</b> Sausage Link Grits</p> <p><b>Snack</b> Strawberries</p>

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