

CAFÉ MENÚ

3RD - 12TH

Oct 31st – Nov 4th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Sweet & Sour Chicken Fried Rice Sweet Carrots Egg Roll	Chicken Quesadilla Spanish Rice Black Beans Chips & Queso	Ravioli Lasagna Broccoli Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Yeast Roll	French Toast Breakfast Potatoes Cheese Grits Sausage Link
GRILL	Chicken Nuggets Turkey Burger Philly Cheesesteak Sub	Chicken Tenders Turkey Burger Pepperoni Pizza Sub	Chicken Nuggets Turkey Burger Buffalo Chicken Sub	Chicken Tenders Turkey Burger Chicken Bacon Ranch Sub	Chicken Nuggets Turkey Burger Italian Sub
Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger Crispy Chicken Sandwich, Grilled Chicken Sandwich, 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
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, 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 WKS

3RD - 12TH

Nov 7th - 11th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Hibachi Chicken Fried Rice Sweet Carrots Egg Roll	 Taco Salad Spanish Rice  Refried Beans Chips & Queso	Italian Sausage & Blush Sauce Penne Pasta Broccoli Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Yeast Roll	Roasted Turkey Mashed Potatoes Fried Okra Cranberry Sauce Dinner Roll
GRILL	Chicken Nuggets Turkey Burger Philly Cheesesteak Sub	 Chicken Tenders  Turkey Burger Chicken Parm Sub	Chicken Nuggets Turkey Burger Buffalo Chicken Sub	Chicken Tenders Turkey Burger Chicken Bacon Ranch Sub	Chicken Nuggets Turkey Burger Italian Sub
<i>Served Daily:</i> Hamburger, Cheeseburger, Bacon Cheeseburger Crispy Chicken Sandwich, Grilled 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 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

Nov 14th - 18th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLASSICS	Terriyaki Chicken Fried Rice Sweet Carrots Egg Roll	Queso Chicken Mexican Rice Refried Beans Chips & Queso	Baked Spaghetti Penne Pasta Broccoli Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Yeast Roll	Biscuit & Gravy Breakfast Potatoes Cheese Grits Bacon
	Chicken Nuggets Turkey Burger Philly Cheesesteak Sub	Chicken Tenders Turkey Burger Pepperoni Pizza Sub	Chicken Nuggets Turkey Burger Buffalo Chicken Sub	Chicken Tenders Turkey Burger Chicken Bacon Ranch Sub	Chicken Nuggets Turkey Burger Italian Sub
	Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Grilled Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks				
	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
	Build your own Salad	Build your own Salad	Build your own Salad	Build your own Salad	Build your own Salad
PIZZA	Soup of The Day Pasta of the day Sweet Potato	Soup of The Day Pasta of the day Sweet Potato	Soup of The Day Pasta of the day Sweet Potato	Soup of The Day Pasta of the day Sweet Potato	Soup of The Day Pasta of the day Sweet Potato
	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
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, Cinnamon Rolls				

Be Well food option

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CAFÉ MENU WK1

3RD – 12TH

Nov 21st - 25th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLASSICS	Hibachi Chicken Fried Rice Sweet Carrots Egg Roll	Beef Nachos Mexican Rice Refried Beans Chips & Queso	<h1>NO SCHOOL</h1>	<h1>HAPPY THANKSGIVING</h1>	<h1>NO SCHOOL</h1>
	Chicken Nugget Turkey Burger Chicken Parm Sub	Chicken Tenders 🍷 Turkey Burger Chicken Parm Sub			
	<small>Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger, Turkey Chicken Sandwich, Spicy Crispy Chicken Sandwich, French Fries, Onion Rings, Cheese Sticks</small>				
	Cheese Pizza Pepperoni Pizza Stromboli	Cheese Pizza Pepperoni Pizza Stromboli			
	Build your own Salad Soup of The Day Cheese Stuffed Shells Baked Potato	🍷 Build your own Salad Soup of The Day Cheese Stuffed Shells 🍷 Baked Potato			
TO GO	Served Daily: 🍷 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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CAFÉ MENÚ

3RD - 12TH

Nov 28th – Dec 2nd



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Orange Chicken Fried Rice Sweet Carrots Egg Roll	Chicken Quesadilla 🍷 Spanish Rice 🍷 Black Beans Chips & Queso	Chicken Alfredo 🍷 Broccoli Penne Pasta Garlic Bread	🍷 Fried Chicken Baked Chicken Mac & Cheese 🍷 Green Beans Yeast Roll	Pancakes Breakfast Potatoes Cheese Grits Sausage Link
GRILL	Chicken Nuggets Turkey Burger Philly Cheesesteak Sub	Chicken Tenders Turkey Burger Pepperoni Pizza Sub	Chicken Nuggets Turkey Burger Buffalo Chicken Sub	Chicken Tenders Turkey Burger Chicken Bacon Ranch Sub	Chicken Nuggets Turkey Burger Italian Sub
Served Daily: Hamburger, Cheeseburger, Bacon Cheeseburger Crispy Chicken Sandwich, Grilled Chicken Sandwich, 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
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, 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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