

CAFÉ MENÚ

3RD - 12TH

November 3rd – 7th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Hibachi Chicken Fried Rice Sweet Carrots Pot Sticker	Beef Nachos Mexican Rice Refried Beans Chips & Queso	Spaghetti Broccoli Penne Pasta Garlic Bread	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	Chicken Wings Potato Wedges Carrots & Celery Yeast Rolls
GRILL	Corndog Philly Cheese Steak Grilled Chicken Sandwich Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich,	Hand Breaded Chicken Fingers Pepperoni Pizza Sub Grilled Chicken Sandwich Served Daily: Bacon Cheeseburger, Crispy Chicken Sandwich,	Chicken Nuggets Buffalo Chicken Sub Grilled Chicken Sandwich Served Daily: Black Bean Burger, French Fries, Onion Rings,	Hot Dogs Chicken Bacon Ranch Sub Grilled Chicken Sandwich Served Daily: French Fries, Onion Rings,	NO FRIED FRIDAY Grilled Chicken Tenders Grilled Chicken Sandwich Cheese Burger Bacon Cheese Burger Black Bean Veggie Burger Roasted Potato Wedges Italian Sub
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 Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato
TO GO	Served Daily Chicken Caesar Salad, Turkey Sub, Buffalo Chicken Wrap, Pudding Parfait, Fresh Fruit, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				Cheese & Grapes,

Be Well food option

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

CAFÉ MENU

3RD - 12TH

November 10th – 14th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSICS	Sweet & Sour Chicken Lo Mein Stir fry Veggies Pot Stickers	Queso Chicken Spanish Rice Refried Beans Chips & Queso	Pulled BBQ Chicken Cream Corn Broccoli Hushpuppies	Fried Chicken Baked Chicken Mac & Cheese Green Beans Cornbread	Pancakes Sausage Link Butter Grits Hash Brown Casserole
GRILL	Corndogs Philly Cheese Steak Grilled Chicken Sandwich Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, Cheese Sticks	Hand Breaded Chicken Fingers Pepperoni Pizza Sub Grilled Chicken Sandwich	Chicken Nuggets Buffalo Chicken Sub Grilled Chicken Sandwich	Hot Dog Chicken Bacon Ranch Sub Grilled Chicken Sandwich	NO FRIED FRIDAY Grilled Chicken Tenders Grilled Chicken Sandwich Cheese Burger Bacon Cheese Burger Black Bean Veggie Burger Roasted Potato Wedges Italian Sub
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 Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato	Build your own Salad Soup of The Day Pasta of the day Baked Potato Sweet Potato
TO GO	Served Daily: Chicken Ceasar Salad, Turkey Sub, Buffalo Chicken Wrap, Pudding Parfait, Fresh Fruit, Chocolate Chip Cookies, Blueberry Muffin, Chocolate Chip Muffin, Cinnamon Rolls				Cheese & Grapes,

Be Well food option

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CAFÉ MENU WK4

3RD –12TH GRADE

November 17th – 21st



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CLASSICS

• Teriyaki Chicken
• Fried Rice
• Sweet Carrots
• Pot Sticker

Smothered
Beef Burrito

Mexican Rice
Refried Beans
Chips & Queso

• Chicken Alfredo
• Broccoli
• Penne Pasta
• Garlic Bread

• Fried Chicken
• Baked Chicken

Mac & Cheese
• Green Beans
• Cornbread

• Carved Pork Loin
• Mashed Potatoes
• Grilled Zucchini
• Yeast Roll

GRILL

Corndogs
Philly Cheese Steak
• Grilled Chicken Sandwich

Hand Breaded
Chicken Fingers

Pepperoni Pizza Sub
• Grilled Chicken Sandwich

Chicken Nuggets
Buffalo Chicken Sub
• Grilled Chicken Sandwich

Hot Dog
Chicken Bacon Ranch
Sub
• Grilled Chicken Sandwich

NO FRIED FRIDAY
• Grilled Chicken Tenders
• Grilled Chicken Sandwich
• Cheese Burger
• Bacon Cheese Burger
• Black Bean Veggie Burger
• Roasted Potato Wedges
• Italian Sub

Served Daily: Cheeseburger, Bacon Cheeseburger, Crispy Chicken Sandwich, • Black Bean Burger, 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

SALAD BAR

• Build your own Salad

Soup of The Day

Pasta of the day

• Baked Potato
• Sweet Potato

• Build your own Salad

Soup of The Day

Pasta of the day

• Baked Potato
• Sweet Potato

• Build your own Salad

Soup of The Day

Pasta of the day

• Baked Potato
• Sweet Potato

• Build your own Salad

Soup of The Day

Pasta of the day

• Baked Potato
• Sweet Potato

• Build your own Salad

Soup of The Day

Pasta of the day

• Baked Potato
• Sweet Potato

TO GO

Served Daily: • Chicken Ceasar Salad, Turkey 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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