



# EAGLE CAFE

## Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

March 2024

Hot off the Eagle Grill

3/1 Homemade Burritos/Rice/Refried Beans/California Blend

3/4 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce

3/5 Nachos Deluxe/Refried Beans/California Blend

3/6 Cherry Blossom Chicken/Rice/Broccoli

3/7 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread

3/8 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

3/11 Popcorn Chicken/Mashed Potatoes/California Blend/Roll

3/12 Tacos/Refried Beans/Tortilla Chips/Corn

3/13 Grilled Cheese/Tomato Soup/Hash Browns

3/14 Oven Fried Chicken/Potatoes/Corn/Roll

3/15 Early Release Menu

3/18 Macaroni and Cheese/Broccoli/Fries/Muffin

3/19 Beef Tacos/Refried Beans/Tortilla Chips/Corn

3/20 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll

3/21 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread

3/22 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

3/25 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

3/26 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn

3/27 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries

3/28 Pasta Primavera/Peas/Broccoli/Garlic Bread

3/29 Spring Break Begins



**Daily Milk Choices:** Low Fat White-Fat Free Chocolate

**Condiments Daily:** Low Fat Italian and Low-Fat Ranch, BBQ Sauce, Ketchup, Mustard and Light Mayonnaise

**Available Daily on the Vegetable Bar:** Baby Carrots, Broccoli, Baby Spinach, Celery, Cucumbers, Peppers, Tomatoes, Romaine Lettuce.

**Fruit Available Daily:** Apples, Oranges, Pears, Raisins, Assorted Canned Selections, Bananas Wednesday and Thursday if available.

**Hot Vegetables Available Daily**

**\*All fruits and vegetables will be prepackaged for you.**

**Available Daily:** Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich

Check sandwich specials in the Cafeteria.  
We are happy to see you!



### Eagle Pizzeria

Monday: Mozzarella Sticks w/Marinara Sauce

Tuesday: Pretzel w/Cheese

Wednesday: Chef's Choice Pizza

Thursday: Pizza Crunchers

Friday: Bosco Sticks w/Marinara Sauce

### Grab and Go

**Salads:** Crispy Chicken Salad w/ Goldfish Crackers

Chicken Caesar Salad w/Garlic Croutons/Goldfish

**Sandwiches:** Turkey & Cheese Sub, Ham & Cheese Sub, Croissant with Turkey & Cheese or Italian Meat Sub.

**Wraps:** Chicken and Cheddar or Spicy Chicken and Cheddar

**Yogurt Parfaits:** Strawberry or Vanilla Yogurt  
With Fruit and Granola

**Snack Pack:** PBJ/String Cheese w/ Goldfish Crackers or Yogurt. Cereal. String Cheese & Goldfish Crackers

We use whole grain bread products. Full meal includes Entrée (Bread and Protein), 1cup Fruit (F), ½ cup or more Vegetable (V), and choice of 1% White or Fat Free Chocolate Milk. A meal must include 3 of these choices.

\*You must have a ½ **cup** serving of a fruit or vegetable on your plate or you will be charged ala carte prices.

**Menu subject to change**



# EAGLE CAFE

## Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

March 2024

Hot off the Eagle Grill

3/1 Homemade Burritos/Rice/Refried Beans/California Blend

3/4 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce

3/5 Nachos Deluxe/Refried Beans/California Blend

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3/7 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread

3/8 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

3/11 Popcorn Chicken/Mashed Potatoes/California Blend/Roll

3/12 Tacos/Refried Beans/Tortilla Chips/Corn

3/13 Grilled Cheese/Tomato Soup/Hash Browns

3/14 Oven Fried Chicken/Potatoes/Corn/Roll

3/15 Early Release Menu

3/18 Macaroni and Cheese/Broccoli/Fries/Muffin

3/19 Walking Tacos/Refried Beans/Tortilla Chips/Corn

3/20 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll

3/21 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread

3/22 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

3/25 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

3/26 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn

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3/29 Spring Break Begins



**Daily Milk Choices:** Low Fat White-Fat Free Chocolate

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**Hot Vegetables Available Daily**

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**Available Daily:** Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich

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Chicken Caesar Salad w/Garlic Croutons/Goldfish

**Sandwiches:** Turkey & Cheese Sub, Ham & Cheese Sub, Croissant with Turkey & Cheese or Italian Meat Sub.

**Wraps:** Chicken and Cheddar or Spicy Chicken and Cheddar

**Yogurt Parfaits:** Strawberry or Vanilla Yogurt  
With Fruit and Granola

**Snack Pack:** PBJ/String Cheese w/ Goldfish Crackers or Yogurt. Cereal. String Cheese & Goldfish Crackers

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