



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

March 2023

Hot off the Eagle Grill

3/1 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
3/2 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/3 Homemade Burritos/Rice/Refried Beans/California Blend

3/6 Sidewinder Pulled Pork Nacho Bowl/Corn Bread or Roll
3/7 Nachos Deluxe/Refried Beans/California Blend
3/8 Cherry Blossom Chicken/Rice/Broccoli
3/9 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
3/10 Baked Potato or Wedges/Chili/Roll/Cinnamon Apples-ER

3/13 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
3/14 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
3/15 Grilled Cheese/Cheese Soup/Tomato Soup/Hash Browns
3/16 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/17 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll

3/20 Macaroni and Cheese/Broccoli/Seasoned Potatoes/ Roll
3/21 Beef Tacos/Refried Beans/Tortilla Chips/Corn
3/22 Chicken Tenders/Smile Fries/Carrots/Dinner Roll
3/23 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
3/24 French Toast /Sausage/Potatoes/Cinnamon Apples-ER

3/27 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
3/28 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
3/29 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
3/30 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/31 Spring Break-Return April 10!



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 back!



Eagle Pizzeria

Monday: Pepperoni Pizza
Tuesday: Pretzel w/Cheese
Wednesday: Pepperoni Pizza
Thursday: Chef's Choice Pizza
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

Milk: \$.50 Student Lunch: \$3.50 Reduced Lunch: \$.40 Adult Lunch Price: \$5.25

USDA is an equal opportunity provider

Breakfast is served Daily starting at 7:20 am. If you receive free lunch, you also get Breakfast for FREE!



EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

March 2023

Hot off the Eagle Grill

3/1 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
3/2 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/3 Homemade Burritos/Rice/Refried Beans/California Blend

3/6 Sidewinder Pulled Pork Nacho Bowl/Corn Bread or Roll
3/7 Nachos Deluxe/Refried Beans/California Blend
3/8 Cherry Blossom Chicken/Rice/Broccoli
3/9 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
3/10 Baked Potato or Wedges/Chili/Roll/Cinnamon Apples-ER

3/13 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
3/14 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
3/15 Grilled Cheese/Cheese Soup/Tomato Soup/Hash Browns
3/16 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/17 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll

3/20 Macaroni and Cheese/Broccoli/Seasoned Potatoes/ Roll
3/21 Beef Tacos/Refried Beans/Tortilla Chips/Corn
3/22 Chicken Tenders/Smile Fries/Carrots/Dinner Roll
3/23 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
3/24 French Toast /Sausage/Potatoes/Cinnamon Apples-ER

3/27 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
3/28 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
3/29 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
3/30 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/31 Spring Break-Return April 10!



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Hot Vegetables Available Daily

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Available Daily: Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich

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



Eagle Pizzeria

Monday: Pepperoni Pizza/Mozzarella Cheese Sticks
Tuesday: Pretzel w/Cheese
Wednesday: Stromboli
Thursday: Chef's Choice Pizza/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

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EAGLE CAFE

Feeding Bodies-Fueling Minds

Escuela secundaria

Favoritos de Eagle Pride

Enero 2023

Recién salido del Eagle Grill

3/1 de perros calientes / chile y queso / frijoles horneados / papas
3/2 Pasta Primavera/Guisantes/Brócoli/Pan de Ajo
3/3 Burritos caseros / arroz / frijoles refritos / mezcla de California

3/6 Sidewinder tazón de cerdo desmenuzado/pan o rollo de maíz
3/7 Nachos Deluxe/Frijoles Refritos / Mezcla California
3/8 Pollo en flor de cerezo/arroz/brócoli
3/9 Pasta al horno con queso / maíz / frijoles / pan de ajo
3/10 Barra de papa al horno / chile / rollo / manzanas con canela

3/13 Pollo con palomitas de maíz/puré de papas/Mezcla/rollo de
3/14 Fajitas de pollo/Frijoles Refritos / Chips de tortilla / Maíz
3/15 Sopa de queso / tomate a la parrilla / papas fritas
3/16 Pasta Primavera/Guisantes/Brócoli/Pan de Ajo
3/17 Pollo frito al horno / puré de papas / maíz / salsa / rollo

3/20 Macarrones con queso / brócoli / papas sazonadas / rollo
2/21 Tacos de carne / Frijoles refritos / Chips de tortilla / Maíz
2/22 Chicken Tenders/Smile Fries/Carrots/Dinner Roll
2/23 Pasta al horno con queso / judías verdes / pan de ajo
2/24 tostadas francesas en palitos / salchichas / papas / manzanas

3/27 Palomitas de Pollo / Puré de papas / Salsa / Rollo de cena
3/28 Fajitas de pollo/Frijoles Refritos / Chips de tortilla / Maíz
3/29 Perritos calientes / chile y queso / frijoles horneados / papas
fritas al horno
3/30 Pasta Primavera/Guisantes/Brócoli/Pan de ajo
3/31 ¡Vacaciones de primavera-regreso el 10 de abril!



Disponible todos los días: hamburguesa con queso, sándwich de pollo
picante, sándwich de pollo

Consulte los especiales de sándwiches en la cafetería.
¡Estamos felices de verte de vuelta!



Pizzería Eagle

Lunes: Pepperoni Pizza
Martes: Pretzel con queso
Miércoles: Stromboli
Jueves: Chef's Choice Pizza
Viernes: Bosco Sticks w/Marinara Sauce

Agarra y para ir

Ensaladas: Ensalada de pollo crujiente con galletas de pescado
dorado Ensalada César de pollo con picatostes de ajo / Goldfish
Sándwiches: Turkey & Cheese Sub, Ham & Cheese Sub, Croissant con
Pavo y Queso o Sub de Carne Italiana.
Wraps: Pollo y Cheddar o Pollo Picante y Cheddar
Parfaits de yogur: yogur de fresa o vainilla Con Frutay
Paquete de bocadillos: PBJ / String Cheese w / Yogur, cereales, queso
en tiras y galletas de pez dorado

Opciones diarias de leche: chocolate sin grasa blanca bajo en grasa
Condimentos diarios: Italiano bajo en grasa y rancho bajo en grasa,
Salsa BBQ, ketchup, mostaza y mayonesa ligera
Disponible diariamente en la barra de verduras: zanahorias baby,
brócoli, espinacas baby, apio, pepinos, pimientos, tomates, lechuga
romana.

Fruta disponible diariamente: manzanas, naranjas, peras, pasas,
selecciones enlatadas variadas, plátanos miércoles y jueves si están
disponibles.

Verduras calientes disponibles diariamente

Utilizamos productos de pan integral. La comida completa incluye plato principal (pan y proteína), 1 taza de fruta (F), 1/2 taza o más de verduras (V)
y la opción de leche con chocolate blanca o sin grasa al 1%. Una comida debe incluir 3 de estas opciones.

* Debe tener una porción de 1/2 taza de una fruta o verdura en su plato o se le cobrará a los precios a la carta.

Menú sujeto a cambios

Milk: \$.50 Student Lunch: \$3.50 Reduced Lunch: \$.40 Adult Lunch Price: \$5.25

Milk: \$.50 Adult Lunch Price: \$4.50

El USDA es un proveedor de igualdad de oportunidades