



# EAGLE CAFE

Feeding Bodies-Fueling Minds

Middle School

## Eagle Pride Favorites

October 2023

## Hot off the Eagle Grill

10/2 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce  
10/3 Nachos Deluxe/Refried Beans/California Blend  
10/4 Cherry Blossom Chicken/Rice/Broccoli  
10/5 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread  
10/6 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

10/9 Popcorn Chicken/Mashed Potatoes/California Blend/Roll  
10/10 Tacos/Refried Beans/Tortilla Chips/Corn  
10/11 Grilled Cheese/Tomato Soup/Hash Browns  
10/12 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll  
10/13 Fall Break-No School

10/16 Fall Break-No School  
10/17 Fall Break-No School  
10/18 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll  
10/19 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread  
10/20 French Toast Sticks/Sausage/Potatoes/Cinnamon Apples

10/23 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll  
10/24 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn  
10/25 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries  
10/26 Pasta Primavera/Peas/Broccoli/Garlic Bread  
10/27 Homemade Burritos/Rice/Refried Beans/California Blend

10/30 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce  
10/31 Early Release Menu

Let us serve you!

**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

October 2023

### Hot off the Eagle Grill

10/2 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce  
10/3 Nachos Deluxe/Refried Beans/California Blend  
10/4 Cherry Blossom Chicken/Rice/Broccoli  
10/5 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread  
10/6 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

10/9 Popcorn Chicken/Mashed Potatoes/California Blend/Roll  
10/10 Tacos/Refried Beans/Tortilla Chips/Corn  
10/11 Grilled Cheese/Tomato Soup/Hash Browns  
10/12 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll  
10/13 Fall Break-No School

10/16 Fall Break-No School  
10/17 Fall Break-No School  
10/18 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll  
10/19 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread  
10/20 French Toast Sticks/Sausage/Potatoes/Cinnamon Apples

10/23 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll  
10/24 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn  
10/25 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries  
10/26 Pasta Primavera/Peas/Broccoli/Garlic Bread  
10/27 Homemade Burritos/Rice/Refried Beans/California Blend

10/30 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce  
10/31 Early Release Menu

Let us serve you!

**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**