



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

September 2023

Hot off the Eagle Grill

9/1 & 9/4 Labor Day Holiday

9/5 Nachos Deluxe/Refried Beans/California Blend
9/6 Cherry Blossom Chicken/Rice/Broccoli
9/7 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
9/8 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

9/11 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
9/12 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
9/13 Grilled Cheese/Tomato Soup/Hash Browns
9/14 Pasta Alfredo/Peas/Broccoli/Garlic Bread
9/15 Oven Fried Chicken/Fries/Corn/ /Biscuit

9/18 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce
9/19 Beef Tacos/Refried Beans/Tortilla Chips/Corn
9/20 Chicken Tenders/Smile Fries/Carrots/Dinner Roll
9/21 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
9/22 French Toast Sticks/Sausage/Potatoes/Cinnamon Apples

9/25 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
9/26 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
9/27 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
9/28 Homemade Burritos/Rice/Refried Beans/California Blend
9/29 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

Milk: \$.50 Breakfast and Lunch: FREE to all students Adult Lunch Price: \$5.25



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USDA is an equal opportunity provider