



# 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!



**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/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

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!*