



EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

February 2024

Hot off the Eagle Grill

2/1 Pasta Primavera/Peas/Broccoli/Garlic Bread
2/2 Homemade Burritos/Rice/Refried Beans/California Blend

2/5 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce
2/6 Nachos Deluxe/Refried Beans/California Blend
2/7 Cherry Blossom Chicken/Rice/Broccoli
2/8 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
2/9 Early Release Menu

2/12 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
2/13 Tacos/Refried Beans/Tortilla Chips/Corn
2/14 Grilled Cheese/Tomato Soup/Hash Browns
2/15 Pasta Primavera/Peas/Broccoli/Garlic Bread
2/16 Mid-Winter Break

2/19 Mid-Winter Break
2/20 Mid-Winter Break
2/21 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll
2/22 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
2/23 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

2/26 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
2/27 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
2/28 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
2/29 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/1 Homemade Burritos/Rice/Refried Beans/California Blend



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!

Happy
Valentine's
Day

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