



EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

January 2024

Hot off the Eagle Grill

1/8 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce
1/9 Nachos Deluxe/Refried Beans/California Blend
1/10 Cherry Blossom Chicken/Rice/Broccoli
1/11 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
1/12 Early Release Menu

1/15 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
1/16 Tacos/Refried Beans/Tortilla Chips/Corn
1/17 Grilled Cheese/Tomato Soup/Hash Browns
1/18 Pasta Primavera/Peas/Broccoli/Garlic Bread
1/19 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll

1/22 Macaroni and Cheese/Broccoli/Fries/Muffin
1/23 Beef Tacos/Refried Beans/Tortilla Chips/Corn
1/24 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll
1/25 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
1/26 No School-Records Day

1/29 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
1/30 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
1/31 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
2/1 Pasta Primavera/Peas/Broccoli/Garlic Bread
2/2 Homemade Burritos/Rice/Refried Beans/California Blend

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