



EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

April 2023

Hot off the Eagle Grill

4/10 Sidewinder Pulled Pork Nacho Bowl/Corn Bread or Roll
4/11 Nachos Deluxe/Refried Beans/California Blend
4/12 Testing Day-See Menu in Kitchen
4/13 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
4/14 Baked Potato or Wedges/Chili/Roll/Cinnamon Apples-ER

4/17 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
4/18 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
4/19 Grilled Cheese/Cheese Soup/Tomato Soup/Hash Browns
4/20 Pasta Primavera/Peas/Broccoli/Garlic Bread
4/21 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll

4/24 Macaroni and Cheese/Broccoli/Seasoned Potatoes/ Roll
4/25 Beef Tacos/Refried Beans/Tortilla Chips/Corn
4/26 Chicken Tenders/Smile Fries/Carrots/Dinner Roll
4/27 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
4/28 French Toast /Sausage/Potatoes/Cinnamon Apples-ER



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

Have you tried our new Eagle fil-A?

Check sandwich specials in the Cafeteria.
We are happy to see you!

Happy Easter



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!