



# EAGLE CAFE

## Feeding Bodies-Fueling Minds High 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

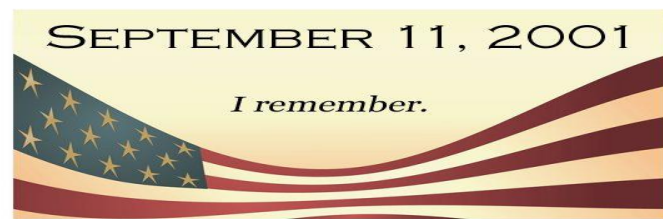
Let us serve you!

**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**