



# 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**