



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle 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