



# EAGLE CAFE

## Feeding Bodies-Fueling Minds Middle School

### Eagle Pride Favorites

January 2025

### Hot off the Eagle Grill

- 1/6 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
- 1/7 Nachos Deluxe/Refried Beans/California Blend
- 1/8 Hot Dogs/Chili/Baked Beans/Fries
- 1/9 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
- 1/10 Homemade Wet Burrito/Rice/Tortilla Chips/Cheese Sauce

- 1/13 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
- 1/14 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
- 1/15 Cherry Blossom Chicken/Broccoli/Rice/Peas
- 1/16 Cheesy Pasta Bake/Green Beans/Carrots/Garlic Bread
- 1/17 French Tst Sticks/Sausage/Hash Browns/CinnamonApples

- 1/20 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
- 1/21 Nachos Deluxe/Refried Beans/California Blend
- 1/22 Grilled Cheese/Tomato Soup/Hash Browns
- 1/23 Oven Fried Chicken/Cheesy Potatoes/Corn/Roll
- 1/24 Early Release Menu

- 1/27 Macaroni and Cheese/Smile Fries/Broccoli/Pretzel
- 1/28 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn
- 1/29 Chicken Tenders/Cheesy Potatoes/Carrots/Dinner Roll
- 1/30 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
- 1/31 French Tst Sticks/Sausage/Hash Browns/CinnamonApples

#### Early Release Menu:

Chicken Sandwich or Bosco Sticks/Fresh Fruit/Salad/Choice of Chips/Chocolate Chip Cookie



- 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**