



EAGLE CAFE
Feeding Bodies-Fueling Minds

Middle School

Eagle Pride Favorites

March 2023

Hot off the Eagle Grill

3/1 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
3/2 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/3 Homemade Burritos/Rice/Refried Beans/California Blend

3/6 Sidewinder Pulled Pork Nacho Bowl/Corn Bread or Roll
3/7 Nachos Deluxe/Refried Beans/California Blend
3/8 Cherry Blossom Chicken/Rice/Broccoli
3/9 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
3/10 Baked Potato or Wedges/Chili/Roll/Cinnamon Apples-ER

3/13 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
3/14 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
3/15 Grilled Cheese/Cheese Soup/Tomato Soup/Hash Browns
3/16 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/17 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll

3/20 Macaroni and Cheese/Broccoli/Seasoned Potatoes/ Roll
3/21 Beef Tacos/Refried Beans/Tortilla Chips/Corn
3/22 Chicken Tenders/Smile Fries/Carrots/Dinner Roll
3/23 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
3/24 French Toast /Sausage/Potatoes/Cinnamon Apples-ER

3/27 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
3/28 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
3/29 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
3/30 Pasta Primavera/Peas/Broccoli/Garlic Bread
3/31 Spring Break-Return April 10!



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 back!



Eagle Pizzeria

Monday: Pepperoni Pizza
Tuesday: Pretzel w/Cheese
Wednesday: Pepperoni Pizza
Thursday: Chef's Choice Pizza
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!