

# EAGLE CAFE

## Feeding Bodies-Fueling Minds Middle School

### Eagle Pride Favorites May-June 2024

Hot off the Eagle Grill

- 5/1 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
- 5/2 Pasta Bar/Peas/Broccoli/Garlic Bread
- 5/3 Homemade Burritos/Rice/Refried Beans/California Blend
- 5/6 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce
- 5/7 Nachos Deluxe/Refried Beans/California Blend
- 5/8 Cherry Blossom Chicken/Rice/Broccoli
- 5/9 Pasta Bar/Corn/Beans/Garlic Bread
- 5/10 Early Release Menu

5/13 Popcorn Chicken/Mashed Potatoes/California Blend/Roll

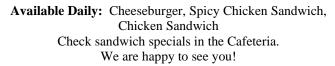
- 5/14 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
- 5/15 Grilled Cheese/Tomato Soup/Hash Browns
- 5/16 Pasta Bar/Peas/Broccoli/Garlic Bread
- 5/17 Oven Fried Chicken/Potatoes/Corn/Roll

5/20 Macaroni and Cheese/BBQ Chicken/Broccoli/Fries/Muffin

- 5/21 Walking Tacos/Refried Beans/Tortilla Chips/Corn
- 5/22 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll
- 5/23 Pasta Bar/Green Beans/Garlic Bread
- 5/24 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples
- 5/27 Memorial Day
- 5/28 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
- 5/29 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
- 5/30 Pasta Bar/Peas/Broccoli/Garlic Bread
- 5/31 Homemade Burritos/Rice/Refried Beans/California Blend
- 6/3 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce
  6/4 Tacos or Fajitas/Refried Beans/Tortilla Chips/Corn
  6/5 Grilled Cheese/Fries
  6/6 Popcorn Chicken/Fries/Roll
- 6/7 Half Day! Last Day! Breakfast Only-No Lunch.

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.





Friday May 3, 2024-School Lunch Hero Day! Thank a Lunch Lady!



#### 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