 Middle School

EAGLE CAFE

Feeding Bodies-Fueling Minds

 Eagle Pride Favorites October 2023 Hot off the Eagle Grill

10/2 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce

10/3 Nachos Deluxe/Refried Beans/California Blend

10/4 Cherry Blossom Chicken/Rice/Broccoli

10/5 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread

10/6 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples

10/9 Popcorn Chicken/Mashed Potatoes/California Blend/Roll

10/10 Tacos/Refried Beans/Tortilla Chips/Corn

10/11 Grilled Cheese/Tomato Soup/Hash Browns

10/12 Oven Fried Chicken/Mashed Potatoes/Corn/Gravy/Roll 10/13 Fall Break-No School

10/16 Fall Break-No School

10/17 Fall Break-No School

10/18 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll

10/19 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread

10/20 French Toast Sticks/Sausage/Potatoes/Cinnamon Apples

10/23 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

10/24 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn

10/25 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries

10/26 Pasta Primavera/Peas/Broccoli/Garlic Bread

10/27 Homemade Burritos/Rice/Refried Beans/California Blend

10/30 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce

10/31 Early Release Menu

Let us serve 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

**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.**

 **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**

*USDA is an equal opportunity provider*