



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.

Available Daily: Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich
 Check sandwich specials in the Cafeteria.
 We are happy to see you!



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

SCHOOL LUNCH HERO 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