



# EAGLE CAFE

## Feeding Bodies-Fueling Minds Middle School

### Eagle Pride Favorites

April 2024

### Hot off the Eagle Grill

- 4/8 Sidewinder Pulled Pork Nachos/Corn Bread/Cheese Sauce
- 4/9 Nachos Deluxe/Refried Beans/California Blend
- 4/10 Cherry Blossom Chicken/Rice/Broccoli
- 4/11 Cheesy Oven Baked Pasta/Corn/Beans/Garlic Bread
- 4/12 French Tst Sticks/Sausage/Hash Brown/Cinnamon Apples
  
- 4/15 Popcorn Chicken/Mashed Potatoes/California Blend/Roll
- 4/16 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
- 4/17 Grilled Cheese/Tomato Soup/Hash Browns
- 4/18 Pasta Primavera/Peas/Broccoli/Garlic Bread
- 4/19 BBQ Chicken/Potatoes/Corn/Roll
  
- 4/22 Macaroni and Cheese/Broccoli/Fries/Muffin
- 4/23 Walking Tacos/Refried Beans/Tortilla Chips/Corn
- 4/24 Chicken Tenders/Scalloped Potatoes/Carrots/Dinner Roll
- 4/25 Cheesy Oven Baked Pasta/Green Beans/Garlic Bread
- 4/26 Early Release Menu
  
- 4/29 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
- 4/30 Beef Tacos/Refried Beans/Tortilla Chips/Corn
- 5/1 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries
- 5/2 Pasta Primavera/Peas/Broccoli/Garlic Bread
- 5/3 Homemade Burritos/Rice/Refried Beans/California Blend

**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**