



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

December 2024

Hot off the Eagle Grill

12/2 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
12/3 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
12/4 Cherry Blossom Chicken/Broccoli/Rice/Peas
12/5 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
12/6 French Tst Sticks/Sausage/Hash Browns/CinnamonApples

12/9 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
12/10 Nachos Deluxe/Refried Beans/California Blend
12/11 Grilled Cheese/Tomato Soup/Hash Browns
12/12 Pasta Primavera/Peas/Broccoli/Garlic Bread
12/13 Oven Fried Chicken/Cheesy Potatoes/Corn/Roll

12/16 Macaroni and Cheese/Broccoli/Fries/Muffin
12/17 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn
12/18 Chicken Tenders/Potatoes/Carrots/Roll/Fruit Crisp
12/19 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
12/20 Early Release

Early Release Menu:

Chicken Sandwich or Bosco Sticks/Fresh Fruit/Salad/Choice of Chips/Chocolate Chip Cookie

Let us serve you! See you back Monday January 6, 2025!



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!



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

Milk: \$.50 Breakfast and Lunch: FREE to all students Adult Lunch Price: \$5.25



EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

December 2024

Hot off the Eagle Grill

12/2 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
12/3 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
12/4 College Visit Day
12/5 Cherry Blossom Chicken/Broccoli/Rice/Peas
12/6 French Tst Sticks/Sausage/Hash Browns/CinnamonApples

12/9 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
12/10 Nachos Deluxe/Refried Beans/California Blend
12/11 Grilled Cheese/Tomato Soup/Hash Browns
12/12 Pasta Primavera/Peas/Broccoli/Garlic Bread
12/13 Oven Fried Chicken/Cheesy Potatoes/Corn/Roll

12/16 Macaroni and Cheese/Broccoli/Fries/Muffin
12/17 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn
12/18 Chicken Tenders/Potatoes/Carrots/Roll/Fruit Crisp
12/19 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
12/20 Early Release

Early Release Menu:

Chicken Sandwich or Bosco Sticks/Fresh Fruit/Salad/Choice of Chips/Chocolate Chip Cookie

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Available Daily: Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich

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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

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
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Spinach, Celery, Cucumbers, Peppers, Tomatoes, Romaine Lettuce.
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Canned Selections, Bananas Wednesday and Thursday if available.
Hot Vegetables Available Daily

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USDA is an equal opportunity provider