



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

February 2025

Hot off the Eagle Grill

2/3 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
2/4 Nachos Deluxe/Refried Beans/California Blend
2/5 Hot Dogs/Chili/Baked Beans/Fries
2/6 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
2/7 Homemade Wet Burrito/Rice/Tortilla Chips/Cheese Sauce

2/10 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
2/11 Heart Nuggets/Emoji Heart Fries/Corn/Roll/Cookie
2/12 Cherry Blossom Chicken/Broccoli/Rice/Peas
2/13 French Tst Sticks/Sausage/Hash Browns/CinnamonApples
2/14 Mid-Winter Break

2/17 Mid-Winter Break
2/18 Beef Tacos/Tortilla Chips/Refried Beans/California Blend
2/19 Grilled Cheese/Tomato or Chicken Tortilla Soup
2/20 Cheesy Baked Pasta/Green Beans/Garlic Bread
2/21 Oven Fried Chicken/Cheesy Potatoes/Corn/Roll

2/24 Popcorn Chicken/Macaroni and Cheese/ Broccoli/Pretzel
2/25 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn
2/26 Chicken Tenders/Cheesy Potatoes/Carrots/Dinner Roll
2/27 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
2/28 Early Release Menu

Early Release Menu:
Chicken Sandwich or Bosco Sticks/Fresh Fruit/Salad/Choice of
Chips/Chocolate Chip Cookie



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!

Happy
Valentine's
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

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



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