



EAGLE CAFE

Feeding Bodies-Fueling Minds

Middle School

Eagle Pride Favorites

November 2024

Hot off the Eagle Grill

11/1 Homemade Wet Burrito/Rice/Tortilla Chips/Cheese Sauce

11/4 Sidewinder Pulled Pork Nachos/Corn Bread/Queso

11/5 Fajitas/Beans/Tortilla Chips/Corn/President Cookies

11/6 Cherry Blossom Chicken/Broccoli/Rice/Peas

11/7 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread

11/8 French Tst Sticks/Sausage/Hash Browns/CinnamonApples

11/11 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

11/12 Nachos Deluxe/Refried Beans/California Blend

11/13 Grilled Cheese/Tomato Soup/Hash Browns

11/14 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread

11/15 Oven Fried Chicken/Cheesy Potatoes/Corn/Roll

11/18 Mac and Cheese/California Blend/Smile Fries/Muffin

11/19 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn

11/20 Chicken Tenders/Cheesy Mashed Potatoes/Carrots/Roll

11/21 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread

11/22 Early Release Menu

11/25 Popcorn Chicken/Stuffing/Mashed Potatoes/Gravy/
Dinner Roll/Corn/Pumpkin Fluff Dessert

11/26 Nachos Deluxe/Refried Beans/California Blend

11/27 Thanksgiving Break

11/28 Thanksgiving Break

11/29 Thanksgiving Break

Early Release Menu:

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

Let us serve you!

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: Calzone

Tuesday: Pizza Crunchers

Wednesday: Chef's Choice Pizza

Thursday: Pretzel w/Cheese

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

USDA is an equal opportunity provider



EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

November 2024

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11/4 Sidewinder Pulled Pork Nachos/Corn Bread/Queso

11/5 Fajitas/Beans/Tortilla Chips/Corn/President Cookies

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11/7 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread

11/8 French Tst Sticks/Sausage/Hash Browns/CinnamonApples

11/11 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

11/12 Nachos Deluxe/Refried Beans/California Blend

11/13 Grilled Cheese/Tomato or Chicken Queso/Hash Browns

11/14 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread

11/15 Oven Fried Chicken/Cheesy Potatoes/Corn/Warm Biscuit

11/18 Mac and Cheese/California Blend/Smile Fries/Muffin

11/19 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn

11/20 Chicken Tenders/Cheesy Mashed Potatoes/Carrots/Roll

11/21 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread

11/22 Early Release Menu

11/25 Popcorn Chicken/Stuffing/Mashed Potatoes/Gravy/Dinner Roll/Corn/Pumpkin Fluff Dessert

11/26 Nachos Deluxe/Refried Beans/California Blend

11/27 Thanksgiving Break

11/28 Thanksgiving Break

11/29 Thanksgiving Break

Early Release Menu:

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

Let us serve you!

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.

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