



# EAGLE CAFE

## Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

September 2024

Hot off the Eagle Grill

8/30 & 9/2 Labor Day Holiday

9/2 No School Labor Day Holiday

9/3 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

9/4 Beef Tacos/Refried Beans/California Blend

9/5 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread

9/6 Homemade Wet Burrito/Rice/Tortilla Chips/Cheese Sauce

9/9 Sidewinder Pulled Pork Nachos/Corn Bread/Queso

9/10 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn

9/11 Cherry Blossom Chicken/Broccoli/Rice/Peas

9/12 Cheesy Pasta Bake/Green Beans/Carrots/Garlic Bread

9/13 French Tst Sticks/Sausage/Hash Browns/Cinnamon Apples

9/16 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

9/17 Nachos Deluxe/Refried Beans/California Blend

9/18 Grilled Cheese/Tomato Soup/Hash Browns

9/19 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread

9/20 Early Release Menu

9/23 Mac and Cheese/Broccoli/Smile Fries/Blueberry Muffin

9/24 Walking Taco/Refried Beans/Tortilla Chips/Corn

9/25 Chicken Tenders/Cheesy Potatoes/Carrots/Dinner Roll

9/26 Pasta w/Meat Sauce/Green Beans/Garlic Bread

9/27 French Tst Sticks/Sausage/Hash Browns/Cinnamon Apples

9/30 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll

Early Release Menu:

Chicken Sandwich or Cheeseburger/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!



### Eagle Pizzeria

Monday: Calzone

Tuesday: Pizza Crunchers

Wednesday: Chef's Choice Pizza

Thursday: Pretzel w/Cheese

Friday: Bosco Sticks w/Marinara Sauce

**Cheese Pizza or Pepperoni Pizza available every day.**

### 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

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9/2 No School Labor Day Holiday

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9/10 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn

9/11 Cherry Blossom Chicken/Broccoli/Rice/Peas

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**Available Daily:** Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich

Check sandwich specials in the Cafeteria.  
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### 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

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