



# EAGLE CAFE

## Feeding Bodies-Fueling Minds High 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**