



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

October 2024

Hot off the Eagle Grill

9/30 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
10/1 Beef Tacos or Taco Salad/Refried Beans/California Blend
10/2 Hot Dogs/Chili/Baked Beans/Fries
10/3 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
10/4 Homemade Wet Burrito/Rice/Tortilla Chips/Cheese Sauce

10/7 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
10/8 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
10/9 Cherry Blossom Chicken/Broccoli/Rice/Peas
10/10 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
10/11 Early Release Menu

10/14 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
10/15 Nachos Deluxe/Refried Beans/California Blend
10/16 Grilled Cheese/Tomato Soup/Hash Browns
10/17 Oven Fried Chicken/Cheesy Potatoes/Corn/Roll
10/18 Fall Break

10/21 Fall Break
10/22 Walking Taco/Refried Beans/Tortilla Chips/Corn
10/23 Chicken Tenders/Cheesy Potatoes/Carrots/Dinner Roll
10/24 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
10/25 French Tst Sticks/Sausage/Hash Browns/Cinnamon Apples

10/28 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
10/29 Beef Tacos or Taco Salad/Refried Beans/California Blend
10/30 Hot Dogs/Chili/Baked Beans/Fries
10/31 Pasta Alfredo/Broccoli/Garlic Bread/Dirt Cup

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