

Our menus are dedicated to **Kathy Corell**, who worked so hard every day to nourish students in so many ways.

FEBRUARY 2017



Mt. Abe EAGLE CAFÉ

Carol Roscoe, Site Manager
Marie Bolduc, Heather McConville,
Marilyn Haley, Jacqueline Malloy, Beverly Teer

DAILY MEALS

It's all about healthy choices!

MAIN EVENT

A homemade hot entrée with vegetable and grain sides as well as fruit. (See Menu)

THE GRILL

An alternate meal option served with a vegetable side & fruit. (See Menu)

GRAB & GO

A faster option of premade sandwiches, salads, yogurt parfaits, & smoothies served w/ fruit.

SALAD CENTRAL

Make a meal from the Fresh Fruit & Veggie Bar by adding a protein & a grain.

Meal Prices

Breakfast - \$1.50

Lunch \$3.25

Adult Meals \$5.00

All students eligible for free or reduced meals have one breakfast & one lunch **NO CHARGE!**

We want everyone at the table.

Apply for Free & Reduced Meals TODAY! Easy, confidential application.

Go to:

www.anesunutrition.com

Healthy Meals for Growing Minds

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 30 Hearty American Goulash Garlic Bread Braised Greens Roasted Carrots | 31 General Tso's Chicken Fried Rice Sesame Roasted Broccoli | 1 Crispy Chicken Tenders or Baked Tofu WW Dinner Roll Baked Beans Herb Roasted Potatoes | 2 Grilled Cheese Grilled Ham & Cheese Tomato Tortellini Soup Buttery Sweet Peas | 3 Homemade Harvey Smith Farm Meatloaf w/ Gravy Mashed Potatoes WW Dinner Roll Sweet Corn |

Build Your Burger

Panini

Italian Pasta Bar

Baked Potato Bar

Stir Fry Friday

ENJOY FRESH FRUITS AND VEGGIES EVERYDAY AT THE SALAD BARS

| | | | | |
|--|---|--|---|--|
| 6 Homestyle Chicken & Biscuit w/seasonal Veggies Steamed Broccoli w/ Lemon Zest | 7 Eagle Café Pizza Cheese, Meatlovers, Pepperoni, Veggie, Cheese Caesar Salad | 8 Hot Turkey Sandwich on WW Bread Cranberry Sauce Mashed Potatoes Roasted Gr. Beans | 9 Sloppy Joe or Sloppy Lentil Joe Whole Grain Bun Tender Sweet Corn Mashed Sweet Potatoes | 10 Chicken Parmesan WW Dinner Roll Penne Pasta Galicky Spinash Italian Chickpea Salad |
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Build Your Burger

Pizza

Italian Pasta Bar

Mexican Taco Bar

Stir Fry Friday

| | | | | |
|---|---|--|--|--|
| 13 Chicken or Tofu Curry Fried Rice Egg Roll Gingery Cabbage & Carrots | 14 Pastabilities Calzones Pepperoni, Cheese, Or Veggie, Caesar Salad Steamed Broccoli | 15 Mexican Lasagna Spanish Rice Cornbread Sweet Corn Mexican Black Beans | 16 Oven Roasted Pork Loin WW Dinner Roll Mashed Potatoes Sweet Potato Soufflé | 17 Creamy Pasta Primavera Butternut Cranberry Bread Rice Salad <i>Spinach Salad</i> |
|---|---|--|--|--|

Build Your Burger

Calzone

Italian Pasta Bar

Baked Potato Bar

Stir Fry Friday



Winter Recess



| | | | | |
|--|--|---|--|--|
| 27 Creamy Macaroni & Cheese WW Dinner Roll Steamed Broccoli Baked Beans | 28 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Sweet Peas | 1 Crispy Chicken Breast Scalloped Potatoes WW Dinner Roll Honey Glazed Carrots | 2 Shepherd's Pie w/ Veggie and Mashed Potatoes WW Dinner Roll | 3 Homemade Meat or Veggie Lasagna Garlic Bread Green Beans |
|--|--|---|--|--|

Build Your Burger

Panini

Italian Pasta Bar

Mexican Taco Bar

Stir Fry Friday

! BREAKFAST EVERY DAY!

A Smart Start for Growing Minds

Daily Breakfast Bar in the cafeteria and a travelling Breakfast Kiosk offer homemade muffins, breakfast bars, Bristol Bakery Bagels w/cream cheese, fresh fruit, yogurt, granola, or parfaits and smoothies, and hearty egg sandwiches. **Don't start your day without it.**

VISIT US AT:

www.anesunutrition.com

Menus, Nutrition Information
Free & Reduced Meal Applications

PAY FOR MEALS AT:

www.MySchoolBucks.com

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