

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

**MARCH  
2017**



**Mt. Abe EAGLE CAFÉ**  
Carol Roscoe, Site Manager  
Marie Bolduc, Heather McConville,  
Marilyn Haley, Jacqueline Malloy, Beverly Teer

**DAILY MEALS**

**Healthy meals for Growing Minds**

**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](http://www.anesunutrition.com)

Monday	Tuesday	Wednesday	Thursday	Friday
27 Creamy Macaroni & Cheese WW Dinner Roll Steamed Broccoli Baked Beans	28 Italian Meatball Sub on WW Bun or Greek Falafel w/ Tzatziki Sauce Sweet Peas	1 Crispy Chicken Breast Roasted Potatoes Garlic Bread Sticks Honey Glazed Carrots	2 Local Beef Shepherd's Pie w/ Veggies and Mashed Potatoes Roasted Green Beans WW Dinner Roll	3 Chicken Fajita w/ Onions and Peppers WW Tortilla Black Beans & Rice Mexicali Corn
Build Your Burger	Panini	Italian Pasta Bar	Mexican Taco Bar	Stir Fry Friday
<b>NEW "Deli Bar" Made to Order Sandwiches NEW</b>				
6 Pasta Carbonara Garlic Bread Sweet Potato Soufflé	7 Pizza, Pizza Pepperoni, Veggie Cheese, Special Caesar Salad with Romaine	8 Sweet & Sassy Chicken Brown Rice Pilaf Steamed Broccoli Egg Roll	9 Beef Stroganoff Buttery Noodles Sweet Peas WW Dinner Roll	10 Homemade Meat or Veggie Lasagna Garlic Bread Buttery Green Beans
Build Your Burger	Pizza	Italian Pasta Bar	Deli Bar	Stir Fry Friday
<b>ENJOY FRESH FRUITS AND VEGGIES EVERYDAY AT THE SALAD BARS</b>				
13 Chicken Parmesan W/Penne Pasta Garlic Bread Butternut Squash	14 Cheese or Pepperoni Calzone w/Marinara Sauce Caesar Salad with Romaine	15 Chicken Teriyaki Fried Brown Rice Gingery Broccoli & Carrot Stir Fry	16 Brunch for Lunch Cheesy Scrambled Eggs French Toast Sticks Sliced Ham Roasted Potatoes	17 <b>St. Patrick's Day</b> Sausage Coddle Braised Red & Green Cabbage Irish Soda Bread
Build Your Burger	Calzone	Italian Pasta Bar	Baked Potato Bar	Stir Fry Friday
20 Hearty American Goulash Garlic Bread Braised Greens Sweet Corn	21 Pizza, Pizza Pepperoni, Cheese, Veggie Special Caesar Salad with Romaine	22 Crispy Chicken Tenders or Baked Tofu WW Dinner Roll Herb Roasted Potatoes	23 Grilled Cheese Grilled Ham & Cheese Tomato Tortellini Soup Buttery Sweet Peas	24 Local Homemade Meatloaf WW Dinner Roll Mashed Potatoes Roasted Carrots
Build Your Burger	Panini	Italian Pasta Bar	Mexican Taco Bar	Stir Fry Friday
27 Homestyle Chicken & Biscuit w/seasonal Veggies Steamed Broccoli w/ Lemon Zest	28 Cheese, Pepperoni, Meatlovers, Veggie PIZZA Caesar Salad	29 Turkey a la King Mashed Potato Stuffing WW Dinner Roll Butternut Squash	30 Sweet & Sour Pork Steamed Brown Rice Broccoli w/ Garlic Sauce	31 NO SCHOOL In Service
Build Your Burger	PIZZA	Italian Pasta Bar	Deli 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](http://www.anesunutrition.com)

Menus, Nutrition Information  
Free & Reduced Meal Applications

**PAY FOR MEALS AT:**

[www.MySchoolBucks.com](http://www.MySchoolBucks.com)

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