

April 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
3 Sloppy Joe Lentil sloppy Joe WW Bun Creamy Coleslaw Buttery Green Beans	4 Pastabilities Calzones Pepperoni, Cheese, Or Veggie, Caesar Salad Steamed Broccoli	5 Chicken or Bean Enchilada Cornbread Sweet Corn Mexican Black Beans	6 General Tso's Chicken Fried Rice Egg Roll Gingery Roasted Carrots	7 Whole Grain Cheese Ravioli w/ Marinara Sauce WW Dinner Roll Marinated Rice Salad Sweet Peas
Build Your Burger	Calzone	Italian Pasta Bar	Taco Bar	Stir Fry Friday

Thursday 4/13 NEW "Deli Bar" Made to Order Sandwiches NEW Thursdy 4/13

10 Creamy Macaroni & Cheese WW Dinner Roll Green Beans Baked Beans	11 FRENCH DAY Hachis Parmentier (French Shepherds Pie) Ratatouille Haricot Vert Lyonnaise (Green Beans) Baguette Mousse au Chocolat	12 Crispy Chicken Breast Sweet Potato Waffle Fries WW Dinner Roll Corn	13 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Sweet Peas	14 Baked Fish Filet w/ Lemon & Parsley WW Dinner Roll Baked Potato w/cheese sauce Broccoli
Build Your Burger	Croque Monsieur	Italian Pasta Bar	Deli Bar	Stir Fry Friday

ENJOY FRESH FRUITS AND VEGGIES EVERYDAY AT THE SALAD BARS

17 Chicken Tetrzzini Sweet Potato Cornbread Steamed Broccoli Baked Beans	18 Pizza, Pizza Pepperoni, Veggie Cheese, Special Caesar Salad Sweet Peas	19 Sweet & Sour Chicken Brown Rice Pilaf WW Dinner Roll Stir Fried Cabbage and Carrots	20 Hearty Local Beef Stew WW Biscuit Mashed Sweet Potatoes WW Dinner Roll	21 Homemade Meat or Veggie Lasagna Garlic Bread Green Beans
Build Your Burger	Pizza	Italian Pasta Bar	Taco Bar	Stir Fry Friday



Spring Break!

Free
After School
Meals offered
every day in
the large
cafeteria

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

! 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, 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

This institution is
 an equal
 opportunity
 provider.