

May 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
1 Chicken Parmesan W/Penne Pasta Garlic Bread Buttery Green Beans	2 Chicken Fajita w/ peppers & onions Corn & Black Bean Salad	3 General Tso's Chicken or Tofu Fried Rice Veggie Stir Fry with ginger and garlic	4 Brunch for Lunch Scrambled Eggs French Toast Sticks Maple Syrup Sausage Link Sweet Potatoes	5 SAFETY FAIR DAY Hamburger/Hot Dogs Sausages w/ onions & peppers WW Buns Baked French Fries
Build Your Burger	Panini	Italian Pasta Bar	Deli Bar	Stir Fry Friday
NEW "Deli Bar" Made to Order Sandwiches NEW				
8 Hearty American Goulash Garlic Bread Braised Greens Roasted Carrots	9 Pastabilities Cheese or Pepperoni Calzone Caesar Salad	10 Teriyaki Chicken Stir Fried Rice Steamed Broccoli Fortune Cookie	11 Grilled Cheese Grilled Ham & Cheese Tomato Tortellini Soup Buttery Sweet Peas	12 BBQ Pulled Pork Sandwich On WW Bun with Creamy Coleslaw Crispy Cucumber Salad
Build Your Burger	Calzone	Italian Pasta Bar	Taco Bar	Stir Fry Friday
ENJOY FRESH FRUITS AND VEGGIES EVERYDAY AT THE SALAD BARS				
15 Homestyle Chicken & Biscuit w/seasonal Veggies Steamed Broccoli w/ Lemon Zest	16 PIZZA Cheese, Pepperoni, Meatlovers, Veggie Caesar Salad	17 Oven Roasted Hot Turkey Sandwich Rice Pilaf Mashed Sweet Potatoes	18 Whole Grain Ravioli w/ Marinara Sauce or Pesto Garlicky Spinach Homemade Roll	19 Beef Stroganoff on Buttered Egg Noodles Garlic Bread Buttery French Green Beans
Build Your Burger	Pizza	Italian Pasta Bar	Deli Bar	Stir Fry Friday
22 Chicken or Tofu Curry Fried Rice Egg Roll Gingery Cabbage & Carrots	23 Pastabilities Calzones Pepperoni, Cheese, Or Veggie, Caesar Salad Steamed Broccoli	24 Mexican Lasagna Spanish Rice Cornbread Sweet Corn Mexican Black Beans	25 Oven Roasted Pork Loin WW Dinner Roll Mashed Potatoes Sweet Potato Soufflé	26 Creamy Pasta Primavera Butternut Cranberry Bread Rice Salad Spinach Salad
Build Your Burger	Calzone	Italian Pasta Bar	Taco Bar	Stir Fry Friday
29 Memorial Day	30 Italian Meatball Sub on WW Roll or Greek Falafel w/ Tzatziki Sauce Rstd Cauliflower	31 Crispy Chicken Breast Scalloped Potatoes WW Dinner Roll Honey Glazed Carrots	1 Whole Grain Mozzarella Bread Sticks with Marinara Sauce Steamed Broccoli	2 Creamy Macaroni & Cheese Tender Sweet Peas Cornbread
	Panini	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

Menus, Nutrition Information
 Free & Reduced Meal Applications

PAY FOR MEALS AT:

www.MySchoolBucks.com

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