

SEPTEMBER 2017

Mt. Abe EAGLE CAFÉ Healthy meals for Growing Minds

Carol Roscoe, Site Manager
Marilyn Haley, Jaqueline Malloy, Beverly Teer, Ashlie Earle

DAILY MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	A la Carte Students w/ cash or money on account only may purchase a variety of SMART SNACK options offered daily	29 7th & 9th Gr. BBQ Hamburgers, Hot Dogs, Veggie Burgers Potato Salad Green Salad Corn & Black Beans	30 FIRST DAY! Macaroni & Cabot Cheese Steamed Broccoli Baked Beans Homemade Roll	31 Crispy Chicken Breast Creamy Coleslaw Sweet Potato Fries Corn Bread	1 Meatball Subs with Mozzarella or Falafel on Pita with Tzatziki Sauce Tomato Cucumber Salad
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	4 NO SCHOOL Labor Day	5 Homemade Pizza Pepperoni, Cheese, Veggie Special, Hawaiian Caesar Salad	6 Honey Lemon Chicken Brown Rice Pilaf Steamed Broccoli Homemade Roll	7 Fish and Chips Breaded Fish Filet with Roasted Potato Wedges Roasted Carrots	8 Ground Beef Stroganoff Buttery Egg Noodles Sweet Potatoes
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	11 Chicken Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	12 Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Roasted Potatoes	13 Shepherd's Pie w/Seasonal Veggies WW Dinner Roll	14 General Taos Chicken Fried Brown Rice Stir Fry Carrot and Cabbage	15 Pulled Pork Whole Wheat Bun Coleslaw Corn on the Cob Baked Beans
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
Meal Prices Breakfast - \$1.50 Lunch \$3.25 NEW Adult Meals \$5.00 All students eligible for free meals have one breakfast & one lunch NO CHARGE!	Build Your Burger	Fresh Panini	Italian Pasta Bar	Mexican Taco Bar	STIR FRY STATION
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	18 Meaty Goulash Homemade WW Dinner Roll Braised Greens	19 Pastabilities Pepperoni or Cheese Calzones Caesar Salad	20 Crispy Chicken Tenders Herb Roasted Potato Tomato Cuke Salad Cornbread	21 Grilled Cheese Hearty Tomato Tortellini Soup Fall Veggie Slaw	22 Homemade Meatloaf Roasted Zucchini Mashed Potato Dinner Roll
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
We want everyone at the table. Apply for Free & Reduced Meals TODAY! Easy, confidential application. Go to: www.anesunutrition.com	Build Your Burger	Calzone	Italian Pasta Bar	Deli Bar	STIR FRY STATION
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	25 Chicken & Biscuit w/ seasonal veggies Buttery Green Beans	26 Homemade Pizza Pepperoni, Cheese, Veggie Special, Hawaiian Caesar Salad	27 Chicken or Bean Enchilada Corn Mexican Coleslaw with Lime & Cilantro	28 Sweet & Sour Pork or Tofu Fried Rice Broccoli with Garlic Sauce	29 Open Faced Hot Turkey Sandwich w/gravy On Whole Grain Bread Mashed Potato Roasted Cauliflower
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	Build Your Burger	Pizza	Italian Pasta Bar	Mexican Taco Bar	STIR FRY STATION
! 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 Menu, Nutrition Information Free & Reduced Meal Applications PAY FOR MEALS AT: www.MySchoolBucks.com		USDA is an equal opportunity provider and employer.

We source fresh produce, eggs, beef and chicken from many of our Addison County farmer partners!

OCTOBER 2017

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				Italian Pasta Bar	Mexican Taco Bar
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
	10 Creamy Macaroni & Cheese WW Dinner Roll Green Beans Baked Beans	11 French Day	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 Fish Filet WW Dinner Roll Baked Potato w/cheese sauce Broccoli
	No School	Pizza	Italian Pasta Bar	Baked Potato Bar	STIR FRY STATION
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