

OCTOBER 2017

EAGLE CAFÉ

Carol Roscoe, Manager
Marilyn Haley, Ashli Earle, Jacqueline Malloy, Marie Bolduc, 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.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Chicken or Tofu Curry w/ coconut Brown Rice Roasted Cauliflower Steamed Green Beans Build Your Burger	3 Early Release Grab & Go	4 Mexican Lasagna Spanish Rice Cornbread Sweet Corn Mexican Black Beans with Cilantro	5 Roasted Pork Loin w/ Apples WW Dinner Roll Mashed Potatoes Steamed Broccoli	6 Creamy Pasta Primavera Butternut Cranberry Bread Spinach Salad
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
9 Creamy Macaroni & Cheese WW Dinner Roll Sweet Potato Souffle Tender Peas	10 Chicken & Biscuits w/ Seasonal vegetables Garlic Roasted Green Beans	11 Crispy Chicken Tenders w/ BBQ Sauce Honey Glazed Carrots Baked Beans Cheesy Cornbread	12 Italian Meatball Sub with Mozzarella or Greek Falafel w/ Tzatziki Sauce Sweet Peas	13 Baked Fish Filet w/ Creamy Dill Sauce Rice Pilaf Broccoli	STIR FRY
Build Your Burger	Panini	Italian Pasta Bar	Mexican Taco Bar	STIR FRY	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
16 Ground Beef Stroganoff Buttery Egg Noodles Sweet Potato Half	17 Pastabilities Calzone w/ Marinara Sauce Pepperoni or Cheese Casear Salad	18 Honey Lemon Chicken Brown Rice Pilaf Steamed Broccoli Homemade Dinner Roll	19 No School	20 No School	
Build Your Burger	Calzone	Italian Pasta Bar	Deli Bar	STIR FRY	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
23 Chicken Parmesan or Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	24 PIZZA Pepperoni Meat Lovers Very Veggie Cheese Casear Salad	25 Shepherd's Pie w/Mashed Potato Butter Brussel Sprouts WW Dinner Roll	26 General Taos Chicken Fried Brown Rice Stir Fry Carrot and Cabbage Crispy Egg Roll Fortune Cookie	27 Pulled Pork Whole Wheat Bun Coleslaw Corn Baked Beans	
Build Your Burger	Pizza	Italian Pasta Bar	Mexican Taco Bar	STIR FRY	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
30 Meaty Goulash Braised Greens Corn	31 Goblin Chicken Chili w/ Cheese Boney Bread Sticks Scarrot Souffle	1 Homemade Meatloaf w/ local beef with Gravy Mashed Potato Broccoli WW Dinner Roll	2 Grilled Cheese Selection Hearty Tomato Tortellini Soup Fall Veggie Slaw	3 IN SERVICE NO SCHOOL	
Build Your Burger	Panini	Italian Pasta Bar	Baked Potato	STIR FRY	
! 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.

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