OCTOBER 2017

EAGLE CAFÉ

Carol Roscoe, Manager Marilyn Haley, Ashli Earle, Jacqueline Malloy, Marie Bolduc, Beverly Teer

DAILY MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
It's all about healthy	2	3	4	5	6
choices!	Chicken or Tofu	Early Release	Mexican Lasagna	Roasted Pork Loin	Creamy Pasta
	Curry	Grab & Go	Spanish Rice	w/ Apples	Primavera
MAIN EVENT	w/ coconut		Cornbread	WW Dinner Roll	Butternut
A homemade hot entrée	Brown Rice		Sweet Corn	Mashed Potatoes	Cranberry Bread
with vegetable and grain	Roasted Cauliflower		Mexican Black	Steamed Broccoli	Spinach Salad
sides as well as fruit.	Steamed Green Beans		Beans with Cilantro		
(See Menu)	Duild Varm Druman		Italian Pasta Bar	Baked Potato	STIR FRY
	Build Your Burger	CH PRIIT AND VE			
THE GRILL				RY MEAL, EVERY DAY	
An alternate meal option	9	10	11	12 Italian Meatball	13 Baked Fish Filet
served with a vegetable	Creamy Macaroni & Cheese	Chicken & Biscuits	Crispy Chicken Tenders w/	Sub with	
side & fruit. (See Menu)	WW Dinner Roll	w/ Seasonal	BBQ Sauce	Mozzarella	w/ Creamy Dill Sauce
	Sweet Potato Souffle	vegetables	Honey Glazed	or	Rice Pilaf
GRAB & GO	Tender Peas	Garlic Roasted	Carrots	Greek Falafel w/	Broccoli
A faster option of	1011401 1 040	Green Beans	Baked Beans	Tzatziki Sauce	21000011
premade sandwiches,		areen Beams	Cheesy Cornbread	Sweet Peas	
salads, yogurt parfaits, & smoothies served w/	Build Your Burger	Panini	Italian Pasta Bar	Mexican Taco Bar	STIR FRY
fruit.		FRESH FRUIT AND VE	GGIE BAR WITH EVER	MEAL, EVERY DAY!	
	16	17	18	19	20
SALAD CENTRAL	Ground Beef	Pastabilities	Honey Lemon	No School	No School
Make a meal from the	Stroganoff	Calzone w/	Chicken		
Fresh Fruit & Veggie Bar	Buttery Egg Noodles	Marinara Sauce	Brown Rice Pilaf		
by adding a protein & a	Sweet Potato Half	Pepperoni or	Steamed Broccoli		
grain.		Cheese	Homemade		
Maral Datas	D.::!! V D	Casear Salad	Dinner Roll	Dell Den	CTID EDV
Meal Prices	Build Your Burger	Calzone	Italian Pasta Bar	Deli Bar	STIR FRY
Breakfast - \$1.50		FRESH FRUIT AND VE	GGIE BAR WITH EVER	MEAL, EVERY DAY!	
Breakfast - \$1.50 Lunch \$3.25	23	FRESH FRUIT AND VE	GGIE BAR WITH EVERY	MEAL, EVERY DAY!	27
Breakfast - \$1.50	23 Chicken Parmesan	FRESH FRUIT AND VE 24 <u>PIZZA</u>	GGIE BAR WITH EVER 25 Shepherd's Pie	/ MEAL, EVERY DAY! 26 General Taos	27 Pulled Pork
Breakfast - \$1.50 Lunch \$3.25 Adult Meals \$5.00	23 Chicken Parmesan or	FRESH FRUIT AND VE 24 <u>PIZZA</u> Pepperoni	EGGIE BAR WITH EVERY 25 Shepherd's Pie w/Mashed	7 MEAL, EVERY DAY! 26 General Taos Chicken	27 Pulled Pork Whole Wheat Bun
Breakfast - \$1.50 Lunch \$3.25 Adult Meals \$5.00 All students eligible for	23 Chicken Parmesan or Eggplant Parmesan	FRESH FRUIT AND VE 24 <u>PIZZA</u> Pepperoni Meat Lovers	25 Shepherd's Pie w/Mashed Potato	7 MEAL, EVERY DAY! 26 General Taos Chicken Fried Brown Rice	27 Pulled Pork Whole Wheat Bun Coleslaw
Breakfast - \$1.50 Lunch \$3.25 Adult Meals \$5.00 All students eligible for free meals have one	23 Chicken Parmesan or Eggplant Parmesan Penne Pasta	FRESH FRUIT AND VE 24 <u>PIZZA</u> Pepperoni Meat Lovers Very Veggie	25 Shepherd's Pie w/Mashed Potato Butter Brussel	7 MEAL, EVERY DAY! 26 General Taos Chicken Fried Brown Rice Stir Fry Carrot and	27 Pulled Pork Whole Wheat Bun Coleslaw Corn
Breakfast - \$1.50 Lunch \$3.25 Adult Meals \$5.00 All students eligible for free meals have one breakfast & one lunch	23 Chicken Parmesan or Eggplant Parmesan Penne Pasta Lemon Zest Broccoli	FRESH FRUIT AND VE 24 PIZZA Pepperoni Meat Lovers Very Veggie Cheese	25 Shepherd's Pie w/Mashed Potato Butter Brussel Sprouts	7 MEAL, EVERY DAY! 26 General Taos Chicken Fried Brown Rice Stir Fry Carrot and Cabbage	27 Pulled Pork Whole Wheat Bun Coleslaw
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Breakfast - \$1.50 Lunch \$3.25 Adult Meals \$5.00 All students eligible for free meals have one breakfast & one lunch NO CHARGE! We want everyone at the table.	23 Chicken Parmesan or Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread Build Your Burger	FRESH FRUIT AND VE 24 PIZZA Pepperoni Meat Lovers Very Veggie Cheese Casear Salad Pizza	25 Shepherd's Pie w/Mashed Potato Butter Brussel Sprouts WW Dinner Roll	CMEAL, EVERY DAY! 26 General Taos Chicken Fried Brown Rice Stir Fry Carrot and Cabbage Crispy Egg Roll Fortune Cookie Mexican Taco Bar	27 Pulled Pork Whole Wheat Bun Coleslaw Corn Baked Beans
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