

November 2017

Mt. Abe EAGLE CAFÉ
Healthy meals for Growing Minds
 Carol Roscoe, Site Manager
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<p>DAILY MEALS It's all about healthy choices!</p> <p>MAIN EVENT A homemade hot entrée with vegetable and grain sides as well as fruit. (See Menu)</p> <p>THE GRILL An alternate meal option served with a vegetable side & fruit. (See Menu)</p> <p>GRAB & GO A faster option of premade sandwiches, salads, yogurt parfaits, & smoothies served w/ fruit.</p> <p>SALAD CENTRAL Make a meal from the Fresh Fruit & Veggie Bar by adding a protein & a grain.</p> <p>Meal Prices Breakfast - \$1.50 Lunch \$3.25 Adult Meals \$5.00 All students eligible for free meals have one breakfast & one lunch NO CHARGE!</p> <p><i>We want everyone at the table.</i> Apply for Free & Reduced Meals TODAY! Easy, confidential application. Go to: www.anesunutrition.com</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	30 Meaty American Goulash WW Dinner Roll Braised Greens Buttery Corn	31 Goblin Chicken Chili w/cheese Boney Bread Sticks Scarrot Soufflé HAPPY HALLOWEEN	1 Harvey Smith Farm Meatloafa WW Dinner Roll Mashed Potatoes Brown Gravy Roasted Carrots	2 Grilled Cheese Grilled Ham & Cheese Tomato Tortellini Soup Steamed Broccoli	3 NO SCHOOL IN-SERVICE	
	Build Your Burger	Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY STATION	
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
	6 Homestyle Chicken & Biscuit W/Seasonal Veggies Buttery Green Beans	7 Cheese or Pepperoni Calzone Caesar Salad Roasted Zucchini	8 Early Release Deli Sandwich Turkey or Ham Hummus/Veggie Wrap Pretzels Baby Carrots	9 Sloppy Joe w/WW Bun Corn & Black Bean Salad Roasted Delicata Squash	10 Open Face Hot Turkey Sandwich WW Bread Brown Rice Pilaf Butternut Squash Cranberry Sauce	
	Build Your Burger	Calzone		Taco Bar	STIR FRY STATION	
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
	13 Teriyaki Chicken Fried Rice Crispy Veggie Egg Roll Broccoli with Garlic	14 Pizza Cheese, Veggie Meatlover's, or White Pizza Caesar Salad with Romaine	15 Chicken Fajita WW Tortilla Sautéed Peppers and Onions Cornbread Mexican Black Beans	16 Sweet & Sour Pork Brown Rice Pilaf Honey Glazed Carrots	17 Creamy Pasta Primavera Butternut Cranberry Bread Spinach Salad with Mandarin Oranges	
	Build Your Burger	Pizza	Italian Pasta Bar	Deli Bar	STIR FRY STATION	
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
20 Creamy Macaroni & Cheese WW Dinner Roll Harvard Beets Braised Cabbage	21 Smith Family Farm Beef Stew w/ Seasonal Veggies WW Biscuit Spinach Salad	<h1 style="color: red; text-align: center;">HAPPY THANKSGIVING</h1>				
Build Your Burger	Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY STATION		
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!						
27 Pasta Carbonara Garlic Bread Carrot Soufflé Baked Beans	28 Cheese or Pepperoni Calzone Caesar Salad w/ Romaine	29 Honey-Lemon Chicken WW Dinner Roll Brown Rice Pilaf Steamed Broccoli	30 Beef Stroganoff Egg Noodles WW Dinner Roll Buttery Green Beans	1 Meatball Sub Falafel w/Tzatziki Sauce WW Bun Corn		
Build Your Burger	Calzone	Italian Pasta Bar	Mexican Taco Bar	STIR FRY STATION		
<p>! 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.</p>			<p>VISIT US AT: www.anesunutrition.com Menus, Nutrition Information Free & Reduced Meal Applications PAY FOR MEALS AT: www.MySchoolBucks.com</p>		<p>USDA is an equal opportunity provider and employer.</p>	

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