

December 2017

THE EAGLE CAFÉ

Healthy meals for Growing Minds

Carol Roscoe – Site Manager

Marie Bolduc, Ashli Earle, Marilyn Haley, Jacqueline Malloy,
Mary McGann, Beverly Teer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	27 Italian Pasta Carbonara Garlic Bread Carrot Soufflé Baked Beans	28 Cheese or Pepperoni Calzone w/ Marinara Caesar Salad	29 Honey-Lemon Chicken WW Dinner Roll Brown Rice Pilaf Steamed Broccoli	30 Beef Stroganoff Buttery Egg Noodles Golden Biscuit French Cut Green Beans	1 Meatball Sub w/ Mozzarella or Falafel w/Tzatziki Sauce WW Bun Sweet Corn
	Build Your Burger	Calzone	Italian Pasta Bar	Mexican Taco Bar	STIR FRY
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
	4 Chicken or Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	5 PIZZA Pepperoni Meat Lovers Very Veggie Cheese Casear Salad	6 Brunch for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links Herb Roasted Potatoes	7 EARLY RELEASE Deli Sandwich Turkey or Ham on a Deli Bun or Hummus/Veggie Wrap Pretzels Baby Carrots	8 Shepherd's Pie w/Carrots, Corn Peas & Potatoes Harvard Beets WW Dinner Roll
	Build Your Burger	Pizza	Italian Pasta Bar	EARLY RELEASE	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
	11 Meaty Goulash WW Dinner Roll Braised Greens Corn	12 BBQ Chicken Sandwich on a WW Bun Baked Beans	13 **Holiday Meal** Roast Turkey Mashed Potato Savory Stuffing Butternut Squash WW Dinner Roll Apple Crisp	14 Grilled Cheese Selection Hearty Tomato Tortellini Soup Coleslaw	15 Mandarin Orange Chicken Fried Brown Rice Stir Fry Carrot and Cabbage Crispy Egg Roll Fortune Cookie
	Build Your Burger	Buffalo Chicken Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
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!	18 Homestyle Chicken & Biscuit W/Seasonal Veggies Buttery Green Beans Mashed Sweet Potatoes	19 Cheese or Pepperoni Calzone Caesar Salad w/ Romaine	20 Homemade Meatloaf w/ local beef with Gravy Mashed Potato Broccoli WW Dinner Roll	21 Chicken Fajita WW Tortilla Black Bean and Rice Pilaf Cornbread	22 NO SCHOOL
	Build Your Burger	Calzone	Italian Pasta Bar	Taco	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
<h1>HAPPY HOLIDAYS!!</h1>					
! 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		USDA is an equal opportunity provider and employer.

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