

January 2018

Mt. Abe EAGLE CAFÉ

Healthy meals for Growing Minds

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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.

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!

We want everyone at the table.

Apply for Free & Reduced Meals TODAY! Easy, confidential application.
Go to:

www.anesunutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day NO SCHOOL	2 Pizza Cheese, Veggie Meatlover's, or White Sauce Veggie Caesar Salad	3 Chicken Teriyaki Fried Rice Crispy Egg Roll Broccoli w/Garlic Sauce	4 Roast Pork WW Dinner Roll Mashed Potato Honey Glazed Carrots	5 Creamy Pasta Primavera Butternut Cranberry Bread Spinach Salad w/ Mandarin Oranges
	Pizza	Italian Pasta Bar	Deli Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
8 Creamy Macaroni & Cheese WW Dinner Roll Steamed Broccoli Baked Beans	9 Mexican Lasagna Cornbread Black Bean & Corn Salad Mexican Sweet Potatoes	10 Crispy Chicken Breast WW Dinner Roll Potato Wedges Buttery Green Beans	11 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Sweet Peas Roasted Carrots	12 Shepherd's Pie W/Carrots, Corn, Mashed Potatoes Roasted Brussel Sprouts WW Dinner Roll
Build Your Burger	Panini	Italian Pasta Bar	Baked Potato	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
15 NO School Martin Luther King Day	16 Cheese or Pepperoni Calzone Roasted Zucchini Caesar Salad	17 Honey-Lemon Chicken WW Dinner Roll Brown Rice Pilaf Steamed Broccoli	18 Beef Stroganoff w/Egg Noodles WW Dinner Roll Roasted Green Beans	19 Baked Ham Scalloped Potatoes WW Dinner Roll Butternut Squash
	Calzones	Italian Pasta Bar	Taco Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
22 NO School In Service	23 PIZZA Pepperoni, Cheese, Meatlovers, Veggie Caesar Salad Roasted Carrots	24 Chicken Fajita w/Peppers & Onions WW Tortilla Beans & Rice Corn	25 General Taos Chicken Fried Brown Rice Stir Fry Carrot and Cabbage	26 Jumbo Cheese Ravioli Dinner Roll Sweet Peas
	Pizza	Italian Pasta Bar	Deli Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
29 Meaty Goulash WW Dinner Roll Braised Greens Corn	30 Sloppy Joes WW Bun Or Lentil Sloppy Joe Creamy Coleslaw	31 Chicken Tenders Sweet Potato Fries Baked Beans WW Dinner Roll	1 Grilled Cheese Selection Hearty Tomato Tortellini Soup Oven Baked French Fries	2 Smith Family Farm" Meatloaf Mashed Potatoes Steamed Broccoli
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, 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

This institution is an equal opportunity provider

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