

February 2018

Mt. Abe EAGLE CAFÉ

Healthy meals for Growing Minds

Carol Roscoe, Site Manager

Marie Bolduc, Ashli Earle, Marilyn Haley, Jaqueline Mallov, Marv McGann, Beverly Teer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>29 Meaty Goulash WW Dinner Roll Sautéed Spinach with Garlic Corn</p>	<p>30 Sloppy Joes WW Bun Or Lentil Sloppy Joe Baked Beans Coleslaw</p>	<p>31 Chicken Tenders Seasoned Potato Wedges Tender Sweet Peas Cheesy Cornbread</p>	<p>1 Grilled Cheese Selection Hearty Tomato Tortellini Soup Steamed Broccoli</p>
Build Your Burger		Panini	Italian Pasta Bar	Baked Potato	STIR FRY
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
<p>Meal Prices Breakfast - \$1.50 Lunch \$3.25 NEW Adult Meals \$5.00 All students eligible for free meals have one breakfast & one lunch NO CHARGE!</p> <p>We want everyone at the table. Apply for Free & Reduced Meals TODAY! Easy, confidential application. Go to: www.anesunutrition.com</p>	<p>5 Homestyle Chicken & Biscuit W/Seasonal Veggies Buttery Green Beans</p>	<p>6 Cheese or Pepperoni Calzone Caesar Salad Mediterranean Chick Pea Salad</p>	<p>7 <i>Happy Valentine's Day</i> Deli Sandwich Turkey or Ham on a Deli Bun or Hummus/Veggie Wrap Pretzels Baby Carrots FRUIT</p>	<p>8 Chicken or Bean Enchilada Bake Cornbread Refried Beans Braised Kale and Spinach</p>	<p>9 Open Face Hot Turkey Sandwich WW Bread w/ Gravy Brown Rice Pilaf Butternut Squash Peas Cranberry Sauce</p>
	Build Your Burger	Calzone	EARLY RELEASE	Taco Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
<p>Winter Recess</p>	<p>12 Teriyaki Chicken Fried Rice Crispy Veggie Egg Roll Broccoli, Carrot, & Garlic Stir Fry Fortune Cookie</p>	<p>13 Pizza Cheese, Veggie, Meatlover's White Pizza Caesar Salad</p>	<p>14 <i>Happy Valentine's Day</i> Chicken Fajita WW Tortilla Sautéed Peppers & Onions Cornbread Salsa & Sour Cream Black Bean Salad</p>	<p>15 Sweet & Sour Pork Brown Rice Pilaf Honey Glazed Carrots Corn</p>	<p>16 Pasta or Chicken Alfredo Butternut Cranberry Bread Spinach Salad w/ Mandarin Oranges</p>
	Build Your Burger	Pizza	Italian Pasta Bar	Deli Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
<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, assorted 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>26 Creamy Macaroni & Cheese WW Dinner Roll Steamed Broccoli Baked Beans</p>	<p>27 Homemade Shepherd's Pie With Corn Carrots and Potatoes WW Dinner Roll Green Beans</p>	<p>28 Crispy Chicken Breast Rice Pilaf Mushroom Gravy Butternut Squash</p>	<p>1 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Corn Honey Glazed Carrots</p>	<p>2 Homemade Meaty Lasagna or Vegetable Lasagna Garlic Bread Tender Peas</p>
	No School	Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
<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, assorted 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>This institution is an equal opportunity Pro.</p>

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