

MARCH 2018

Mt. Abe EAGLE CAFÉ Healthy meals for Growing Minds

Carol Roscoe, Site Manager
Marie Bolduc, Ashli Earle, Marilyn Haley, Jaqueline Malloy,
Mary 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>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>	26 Creamy Macaroni & Cheese WW Dinner Roll Steamed Broccoli Baked Beans	27 Homemade Shepherd's Pie with Corn, Carrots, and Potatoes WW Dinner Roll	28 Crispy Chicken Breast Mashed Potatoes or Rice Pilaf Mushroom Gravy Butternut Squash	1 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Corn	2 Homemade Meaty Lasagna or Vegetable Lasagna Garlic Bread Buttery Green Beans
	Build Your Burger	Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY STATION
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	5 Chicken Tetrazzini Garlic Bread Carrot Soufflé Baked Beans	6 Cheese or Pepperoni Calzone Caesar Salad w/ Romaine Lettuce	7 Honey-Lemon Chicken WW Dinner Roll Mashed Potato Steamed Broccoli	8 Beef Stroganoff Egg Noodles WW Dinner Roll Buttery Green Beans	9 NO SCHOOL
	Build Your Burger	Calzone	Italian Pasta Bar	Mexican Taco Bar	
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	12 Chicken Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	13 Pizza Cheese, Veggie Meatlover's, or White Sauce Veggie Pizza Caesar Salad	14 Brunch for Lunch Scrambled Eggs French Toast Sticks Sausage Links Roasted Potatoes	15 General Taos Chicken Fried Brown Rice Stir Fry Carrot and Cabbage	16 Pulled Pork Whole Wheat Bun Coleslaw Sweet Potato Fries Baked Beans
	Build Your Burger	pizza	Italian Pasta Bar	Deli	STIR FRY STATION
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	19 Meaty Goulash WW Dinner Roll Steamed Broccoli Corn	20 Chicken Cordon Bleu Bake Garlic Bread Spinach Salad with Mandarin Oranges Buttery Green Beans	21 Chicken Tenders Seasoned Potato Wedges Cheesy Cornbread Sweet Tender Peas	22 Grilled Cheese Selection Hearty Tomato Tortellini Soup Coleslaw	23 Smith Family Farm" Meatloaf WW Dinner Roll Mashed Potatoes Honey Glazed Carrots
Build Your Burger	Panini	Italian Pasta Bar	Baked Potato	STIR FRY	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
26 Homestyle Chicken & Biscuit W/Seasonal Veggies Broccoli w/Lemon Zest	27 Cheese or Pepperoni Calzone Caesar Salad	30 Open Face Hot Turkey Sandwich WW Bread Mashed Potatoes Butternut Squash Cranberry Sauce	29 Early Release Day Deli Sandwich Turkey or Ham on a Deli Bun or Hummus/Veggie Wrap Pretzels Baby Carrots	NO SCHOOL	
Build Your Burger	Calzone	Italian Pasta Bar	EARLY RELEASE		
<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 provider.</p>	