

APRIL 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

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki Chicken Fried Rice Crispy Veggie Egg Roll Steamed Broccoli	3 Pizza Cheese, Veggie Meatlover's, or White Sauce Veggie Caesar Salad	4 Crispy Chicken Breast Sweet Potato Waffle Fries Marinated Rice Salad Winter Blend Veggies	5 Sweet & Sour Pork Brown Rice Pilaf Honey Glazed Carrots	6 Pasta or Chicken Alfredo 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!				
9 Creamy Macaroni & Cheese WW Dinner Roll Buttery Green Beans Baked Beans	10 Homemade Shepherd's Pie With Corn, Carrots, and Mashed Potatoes Steamed Broccoli WW Dinner Roll	11 General Taos Chicken Brown Rice Pilaf Gingery Carrot & Cabbage Stir Fry	12 Chicken Fajita WW Tortilla Sautéed Peppers & Onions Cornbread Black Bean Pilaf Butternut Squash	13 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Sweet Peas
Build Your Burger	Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
16 Pasta Carbonara Garlic Bread Carrot Soufflé Baked Beans	17 Deli Sandwich Turkey or Ham Sandwich Hummus/Veggie Wrap Pretzels Baby Carrots	18 Honey-Lemon Chicken WW Dinner Roll Brown Rice Pilaf Steamed Broccoli	19 Beef Stroganoff Egg Noodles WW Dinner Roll Roasted Green Beans	20 Roast Pork Loin Scalloped Potatoes WW Dinner Roll Butternut Squash Puree

Build Your Burger	EARLY RELEASE	Italian Pasta Bar	Mexican Taco Bar	STIR FRY
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				



30 Chicken Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	1 Pizza Cheese, Veggie, Meatlover's, or Hawaiian Kale & Romaine Caesar Salad	2 Brunch for Lunch Scrambled Eggs French Toast Sticks Sausage Links Roasted Sweet & Red Potatoes	3 Homemade Shepherd's Pie With Corn Carrots and Potatoes Roasted Brussel Sprouts WW Dinner Roll	4 BBQ Pulled Pork Sandwich On WW Bun Creamy Coleslaw Honey Glazed Baby Carrots
Build Your Burger	pizza	Italian Pasta Bar	Deli	STIR FRY STATION

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

! 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.

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.