

MAY 2018



Mt. Abe EAGLE CAFÉ

Healthy meals for Growing Minds

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		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</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>	30	1	2	3	4					
	Chicken Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	Pizza All Your Favorites Cheese, Pepperoni, Meatlover's, or White Pizza w/ Veggies Caesar Salad	Brunch for Lunch Cheesy Scrambled Eggs French Toast Sticks w/ VT Maple Syrup Sausage Links Herb Roasted Potatoes	Homemade Shepherd's Pie With Corn, Carrots, and Potatoes Roasted Green Beans WW Dinner Roll	Zesty Pulled Pork On a Whole Wheat Bun Creamy Coleslaw Steamed Corn Baked Beans	Build Your Burger	Pizza	Italian Pasta Bar	Deli Bar	STIR FRY FRIDAY
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!									
	7	8	9	10	11					
	Meaty Goulash Homemade WW Dinner Roll Steamed Broccoli Roasted Carrots	Sloppy Joes Or Lentil Sloppy Joe On WW Bun Kale Salad Baked Beans	Crispy Chicken Tenders Mashed Potatoes Herb Bread Sticks Braised Greens	Grilled Cheese Selection Hearty Tomato Tortellini Soup Oven Baked French Fries	"Smith Family Farm" Meatloaf WW Dinner Roll Roasted Potatoes Peas	Build Your Burger	Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY FRIDAY
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!									
	14	15	16	17	18					
	Homestyle Chicken & Biscuit W/Seasonal Veggies Buttery Green Beans Chick Pea Salad	"Pastabilities" Cheese or Pepperoni Calzone With Marinara Sauce Caesar Salad	EARLY RELEASE Deli Sandwich Turkey or Ham on a Deli Bun or Hummus/Veggie Wrap Pretzels Baby Carrots	Misty Knoll Teriyaki Drumsticks Fried Rice Egg Roll Broccoli & Carrot Stir Fry	Open Face Hot Turkey Sandwich WW Bread Brown Rice Pilaf Butternut Squash Cranberry Sauce	Build Your Burger	Calzone	EARLY RELEASE	Taco Bar	STIR FRY FRIDAY
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!									
	21	22	23	24	25					
Chicken or Tofu Curry Basmati Rice Roasted Sweet Potato WW Flatbread Steamed Broccoli	Pizza All Your Favorites Cheese, Hawaiian Pepperoni, or Veggie Caesar Salad	Mexican Lasagna Cheesy Cornbread Refried Beans Mexicali Corn	Sweet & Sour Pork Brown Rice Honey Glazed Carrots And Green Beans	Pasta Primavera Cheesy Bread Stick Spinach Salad w/ Mandarin Oranges And Red Onion	Build Your Burger	PIZZA	Italian Pasta Bar	Deli Bar	STIR FRY FRIDAY	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!										
28	29	30	31	1						
Memorial Day	Creamy Macaroni & Cheese WW Dinner Roll Green Beans Corn	Crispy Chicken Breast Sweet Potato Waffle Fries Baked Beans Marinated Rice Salad	Italian Meatball Sub w/ Mozzarella or Greek Falafel w/ Tzatziki Sauce On WW Sub Roll Sweet Peas	Homemade Meaty Lasagna or Vegetable Lasagna Garlic Bread Steamed Broccoli	No School	Panini	Italian Pasta Bar	Baked Potato Bar	STIR FRY FRIDAY	
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>USDA is an equal opportunity provider and employer.</p>				

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