

June 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 & 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>	Memorial Day No School	29 Creamy Macaroni & Cheese WW Dinner Roll Steamed Broccoli Baked Beans	30 Crispy Chicken Breast WW Dinner Roll Mashed Potatoes Butternut Squash	31 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Corn	1 Homemade Meaty Lasagna or Vegetable Lasagna Garlic Bread Buttery Green Beans
	Build Your Burger	Panini	Italian Pasta Bar	Top Your Baked Potato	STIR FRY STATION
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	4 Homemade Chicken Tetrazzini Garlic Bread Steamed Broccoli	5 STEP UP DAY End of the Year BBQ Hamburger, Hot Dogs Macaroni Salad Tossed Salad Baked Beans Watermelon/Fruit Salad	6 Hearty Beef Stroganoff Egg Noodles WW Dinner Roll Buttery Green Beans	7 Crispy Chicken Tenders Mashed Potatoes Cheesy Cornbread Sweet Tender Peas	8 BBQ Pulled Pork Whole Wheat Bun Creamy Coleslaw Roasted Sweet Potato Rounds
	Build Your Burger	BBQ for ALL	Italian Pasta Bar	Taco Bar	STIR FRY STATION
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	11 Meaty Goulash WW Dinner Roll Steamed Broccoli Corn	12 Pizza Cheese, Veggie Meatlover's, or White Sauce Veggie Pizza Caesar Salad	13 Grilled Cheese Selection Hearty Tomato Tortellini Soup Creamy Coleslaw	14 Smorgasborg! Lots of your favorite main entrée items! Veggies Rolls	15 EARLY RELEASE Grab & Go Sandwiches
	Build Your Burger	Pizza	Italian Pasta Bar	Make it Your Way Deli	
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	<h1>Enjoy the Summer Break!!!</h1> <h2>Join us for <u>FREE</u> summer meals</h2> <p>(for kids and teens 18 and under)</p> <h2>at Mt. Abe from June 25-August 10</h2> <h2>Monday – Friday in the large cafeteria!</h2>				
<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>	