

SEPTEMBER 2018

Mt. Abe EAGLE CAFÉ

Healthy Meals for Growing Minds

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DAILY MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>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><i>We want everyone at the table.</i> Apply for Free & Reduced Meals TODAY! Easy, confidential application. Go to: www.mausd-anwsdnutrition.com</p>	<p>A la Carte Students w/ cash or money on account only may purchase a variety of SMART SNACK options offered daily</p>	<p>2 8 7th & 9th Gr. BBQ Hamburgers, Hot Dogs, Veggie Burgers Macaroni Salad Baked Beans Green Salad Watermelon</p>	<p>29 FIRST DAY! Macaroni & Cabot Cheese Steamed Broccoli Homemade Roll</p>	<p>30 Misty Knoll Teriyaki Drumsticks Fried Rice Egg Roll Carrot & Cabbage Sauté</p>	<p>31 Meatball Subs with Mozzarella or Falafel with Tzatziki Sauce Tomato Cucumber Salad</p>	
	BBQ					
	Italian Pasta Bar					
	Mexican Taco Bar					
	STIR FRY STATION					
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
	<p>3 NO SCHOOL Labor Day</p>	<p>4 Honey Lemon Chicken Homemade Roll Mashed Potatoes Steamed Broccoli</p>	<p>5 Cheese, Pepperoni or Specialty PIZZA Caesar Salad Sweet Pea Salad</p>	<p>6 Chicken Tetrazzini WW Dinner Roll Roasted Carrots Mediterranean Chick Pea Salad</p>	<p>7 Ground Beef Stroganoff Egg Noodles Cornbread Marinated Rice Salad Delicata Squash Smiles</p>	
	No School		Italian Pasta Bar		Deli Bar	
	Baked Potato Bar		Panini			
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
<p>10 Chicken Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread</p>	<p>11 Chicken Fajita Ww Tortilla Peppers & Onions Beans & Rice Corn on the Cob</p>	<p>12 Pepperoni Or Cheese CALZONE W/Marinara Caesar Salad Corn & Black Bean Salad</p>	<p>13 Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Sweet Potato Waffle Fries</p>	<p>14 Pulled Pork Whole Wheat Bun Creamy Coleslaw Baked Beans Buttery Sweet Peas</p>		
Build Your Burger		Italian Pasta Bar		Deli Bar		
Mexican Taco Bar		STIR FRY STATION				
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!						
<p>17 Meaty Goulash Homemade WW Dinner Roll Braised Greens</p>	<p>18 Crispy Chicken or Tofu Tenders Brown Rice Pilaf Baked Beans Cornbread</p>	<p>19 Cheese or Pepperoni PIZZA Caesar Salad Broccoli Salad</p>	<p>20 Sweet & Sour Pork or Tofu WW Dinner Roll Brown Rice Pilaf Broccoli with Garlic Sauce</p>	<p>21 Homemade Meatloaf Honey Glazed Carrots Mashed Potato Dinner Roll</p>		
Build Your Burger		Italian Pasta Bar		Deli Bar		
Baked Potato Bar		Panini				
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!						
<p>24 Chicken & Biscuit w/ seasonal veggies Brussel Sprouts</p>	<p>25 Sloppy Joe Lentil Sloppy Joe Coleslaw Apple & Cucumber Salad Green Beans</p>	<p>26 Pepperoni Or Cheese CALZONE W/Marinara Caesar Salad 3 Bean Salad</p>	<p>27 Grilled Cheese Selection Hearty Tomato Tortellini Soup Fall Veggie Slaw Roasted Zucchini</p>	<p>28 Open Face Hot Turkey Sandwich w/gravy On Whole Grain Bread Mashed Potato Sweet Peas</p>		
Build Your Burger		Italian Pasta Bar		Deli Bar		
Mexican Taco Bar		STIR FRY STATION				
<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, 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.mausd-anwsdnutrition.com Menu, 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 of our Addison County farmer partners!