

November 2018

Mt. Abe - EAGLE CAFÉ
Healthy Meals for Growing Minds
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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.

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!

For application go to www.mausd-anwsdnutrition.com



Happy Thanksgiving! To You And Your Family

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29 Individual PIZZA Pepperoni, Cheese, Veggie or Specialty Tomato Cuke Salad Caesar Salad		30 Crispy Chicken Tenders Mashed Potatoes Cornbread Baked Beans Delicata Squash Smiles		31 Meaty Goooulash Witches Fingers Bread Sticks Roasted Scarrots Boo Braised Greens Candy Corn Fruit Cups		1 Sweet & Sour Pork or Tofu WW Dinner Roll Brown Rice Pilaf Broccoli w/Garlic Sauce		2 NO SCHOOL	
Build Your Burger		Italian Pasta Bar		Deli Bar		Baked Potato Bar			
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!									
5 Homestyle Chicken & Biscuit W/Seasonal Veggies Roasted Brussel Sprouts		6 Sloppy Joe or Lentil Sloppy Joe Coleslaw Sweet Potato Fries		7 Early Release Day Grab & Go		8 Grilled Cheese Selection Hearty Tomato Tortellini Soup Buttery Green Beans		9 Chicken Cordon Bleu Bake Butternut Cranberry Bread Steamed Broccoli	
Build Your Burger		Italian Pasta Bar		Grab & Go		Taco Bar		STIR FRY STATION	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!									
12 General Tso's Chicken Fried Rice Crispy Veggie Egg Roll Steamed Broccoli		13 Mexican Pork Carnitas WW Tortilla or Black Beans & Rice Corn		14 Creamy Pasta Primavera Breaded Mozzarella Sticks Chickpea Salad Spinach Salad **NEW PIZZA** TASTE TESTING		15 <u>Holiday Turkey Dinner</u> Sliced Turkey Mashed Potato Stuffing Dinner Roll Peas Cranberry Sauce Butternut Squash Puree		16 Individual PIZZA Pepperoni, Cheese, Veggie or Specialty Caesar Salad Sweet Pea Salad	
Panini		Italian Pasta Bar		Deli Bar		Baked Potato Bar		Panini	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!									
HAPPY THANKSGIVING 									
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!									
26 Creamy Macaroni & Cheese WW Dinner Roll Harvard Beets Sweet Peas		27 Crispy Chicken Breast Dinner Roll Mashed Potato Broccoli w/Lemon Zest		28 Pepperoni Or Cheese CALZONE W/Marinara Sauce Caesar Salad 3 Bean Salad		29 Beef Stroganoff Buttery Egg Noodles WW Dinner Roll Mashed Sweet Potatoes		30 Meatball Sub Falafel w/Tzatziki Sauce WW Bun Baked Beans Corn	
Build Your Burger		Italian Pasta Bar		Deli Bar		Mexican Taco Bar		STIR FRY STATION	

! BREAKFAST EVERY DAY !
 A Smart Start for Growing Minds
Daily Breakfast Bar in the cafeteria and a traveling 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.**

VISIT US AT:
www.mausd-anwsdnutrition.com
 Menus, Nutrition Information
 Free & Reduced Meal Applications
PAY FOR MEALS AT:
www.MySchoolBucks.com

USDA is an equal opportunity provider and employer.

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