

December, 2018

Mt. Abe EAGLE CAFÉ
Healthy Meals for Growing Minds
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DAILY MEALS It's all about healthy choices!	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<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>	3 Creamy Chicken Tetrazzini Homemade Garlic Bread Carrot Souffle Baked Beans Build Your Burger	4 Honey Lemon Chicken Cornbread Mashed Potatoes Steamed Broccoli Italian Pasta Bar	5 Individual PIZZA Pepperoni, Cheese, Veggie or Specialty Kale Caesar Salad Deli Bar	6 EARLY RELEASE Grab & Go Sandwiches With Fruit and Veggies Mexican Taco Bar	7 Ground Beef Stroganoff Buttery Fettuccini Homemade Dinner Roll Green Beans Panini
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!						
10 Chicken Parmesan Penne Pasta Homemade Garlic Bread Lemon Zest Broccoli Build Your Burger		11 Misty Knoll Teriyaki Drumsticks Fried Rice Egg Roll Ginger & Garlic Roasted Carrots & Cabbage Italian Pasta Bar	12 Pepperoni Or Cheese CALZONE W/Marinara Sauce Caesar Salad Deli Bar	13 Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Oven Roasted Potatoes Mexican Taco Bar	14 BBQ Pulled Pork Whole Wheat Bun Coleslaw Sweet Corn Baked Beans Stir Fry Station	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL EVERY DAY!						
17 Meaty Goulash Homemade WW Dinner Roll Maple Glazed Carrots Build Your Burger		18 Crispy Chicken Tenders Mashed Potatoes Cornbread Steamed Broccoli Italian Pasta Bar	19 Individual PIZZA Pepperoni, Cheese, Veggie or Specialty 3 Bean Salad Caesar Salad Deli Bar	20 Grilled Cheese Selection Hearty Tomato Tortellini Soup Sweet Peas Baked Potato	21 Sloppy Joe Lentil Sloppy Joe Creamy Coleslaw Baked Beans Corn Panini	
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, 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 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 of our Addison County farmer partners!