

# January 2019

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

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DAILY MEALS It's all about healthy choices! <b>MAIN EVENT</b> A homemade hot entrée with vegetable and grain sides as well as fruit. (See Menu) <b>THE GRILL</b> An alternate meal option served with a vegetable side & fruit. (See Menu) <b>GRAB &amp; GO</b> A faster option of premade sandwiches, salads, yogurt parfaits, & smoothies served w/ fruit. <b>SALAD CENTRAL</b> Make a meal from the Fresh Fruit & Veggie Bar by adding a protein & a grain.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Meal Prices</b> Breakfast - \$1.50 Lunch \$3.25 <b>NEW</b> Adult Meals \$5.00 All students eligible for free meals have one breakfast & one lunch <b>NO CHARGE!</b>  We want <i>everyone</i> at the table. Apply for Free & Reduced Meals TODAY! Easy, confidential application. Go to: <a href="http://www.mausd-anwsdnutrition.com">www.mausd-anwsdnutrition.com</a>	<b>Welcome 2019</b>			
<b>FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!</b>					
	7 <b>Chicken Teriyaki</b> Fried Rice Egg Roll Steamed Broccoli Fortune Cookie	8 <b>Shepherd's Pie</b> w/corn, carrots, peas and potatoes Dinner Roll	9 <b>Calzones</b> Cheese or Pepperoni w/Marinara Sauce Caesar Salad	10 <b>Sweet &amp; Sour Pork</b> Rice Pilaf Ginger Glazed Carrots	11 <b>Pasta Primavera</b> Cheesy Bread Stick Mediterranean Chick Pea Salad
	<b>Build Your Burger</b>	<b>Italian Pasta Bar</b>	<b>Deli Bar</b>	<b>Baked Potato Bar</b>	<b>Panini</b>
	<b>FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!</b>				
	14 <b>Creamy Macaroni &amp; Cheese</b> WW Dinner Roll Broccoli with Lemon Sauce Baked Beans	15 <b>Crispy Chicken Breast</b> WW Dinner Roll Scalloped Potatoes Honey Roasted Carrots	16 <b>Individual Pizzas</b> <b>Pepperoni or Cheese</b> Caesar Salad Corn & Black Bean Salad	17 <b>Hot Turkey Sandwich</b> On WW Bread With Gravy Herb Roasted Potatoes Green Beans Cranberry Sauce	18 <b>Meatball Sub Sandwiches</b> With Mozzarella and Marinara Roasted Brussel Sprouts
	<b>Build Your Burger</b>	<b>Italian Pasta Bar</b>	<b>Deli Bar</b>	<b>Mexican Taco Bar</b>	<b>STIR FRY STATION</b>
	<b>FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!</b>				
	21 <b>Martin Luther King, Jr. Day</b>	22 <b>IN-SERVICE DAY</b>	23 <b>Calzones</b> Pepperoni Or Cheese W/Marinara Sauce Caesar Salad	24 <b>Ground Beef Stroganoff</b> Buttery Egg Noodles Cornbread Sweet Peas	25 <b>Creamy Chicken Tetrazzini</b> Garlic Bread Roasted Carrots
	<b>Build Your Burger</b>	<b>Italian Pasta Bar</b>	<b>Deli Bar</b>	<b>Baked Potato Bar</b>	<b>Panini</b>
	<b>FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!</b>				
	28 <b>Chicken Parmesan</b> Penne Pasta Garlic Bread Lemon Zest Broccoli	29 <b>Shepherd's Pie</b> With Seasonal Veggies WW Dinner Roll Butternut Squash Puree	30 <b>Big Daddy's Pizza</b> Pepperoni, Cheese, Veggie or Specialty Caesar Salad Sweet Pea Salad	31 <b>Brunch for Lunch</b> Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Roasted Potatoes	01 <b>BBQ Pulled Pork</b> On a Whole Wheat Bun Coleslaw Sweet Corn Baked Beans
	<b>Build Your Burger</b>	<b>Italian Pasta Bar</b>	<b>Deli Bar</b>	<b>Mexican Taco Bar</b>	<b>STIR FRY STATION</b>
<b>! BREAKFAST EVERY DAY ! A Smart Start for Growing Minds</b> 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. <b>Don't start your day without it.</b>			<b>VISIT US AT:</b> <a href="http://www.mausd-anwsdnutrition.com">www.mausd-anwsdnutrition.com</a> Menus, Nutrition Information Free & Reduced Meal Applications <b>PAY FOR MEALS AT:</b> <a href="http://www.MySchoolBucks.com">www.MySchoolBucks.com</a>		USDA is an equal opportunity provider and employer.

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