

February 2019

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!**
We want everyone at the table.
 Apply for Free & Reduced Meals TODAY! Easy, confidential application.
 Go to:
www.mausd-anwsdnutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chicken Parmesan Penne Pasta Garlic Bread Lemon Zest Broccoli	29 Shepherd's Pie With Seasonal Veggies WW Dinner Roll Butternut Squash	30 "Big Daddy's" Cheese, Pepperoni or Specialty Pizza Caesar Salad	31 Brunch for Lunch Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Roasted Potatoes	01 Pulled Pork Whole Wheat Bun Coleslaw Sweet Corn Baked Beans
Build Your Burger	Pasta Bar	Pepperoni Deli Bar	Mexican Taco Bar	STIR FRY STATION
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
4 American Goulash WW Dinner Roll Glazed Carrots	5 EARLY RELEASE DAY Grab & Go Turkey & Cheese Ham & Cheese Sandwiches Veggies and Fruit Pretzels	6 Cheese or Pepperoni Calzone w/Marinara Caesar Salad	7 Golden Grilled Cheese or Grilled Ham & Cheese Tomato Tortellini Soup Sweet Peas	8 "Local Beef" Meatloaf Dinner Roll Mashed Potatoes Brown Gravy Steamed Broccoli Baked Beans
Build Your Burger	Grab & Go	Deli Bar	Baked Potato Bar	Panini
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
11 Chicken & Biscuit W/Seasonal Veggies Roasted Brussel Sprouts	12 Chicken Fajita Peppers & Onions Cornbread Black Bean & Corn Salad Roasted Carrots	13 Pizza Day Cheese, Pepperoni and Specialty Pizza Caesar Salad	14 "Local Beef" "Heart"-y Beef Stew WW Biscuit Steamed Broccoli Strawberry Shortcake	15 Cheesy Bread Sticks w/Marinara Buttery Herb Fettuccini Green Beans
Build Your Burger	Italian Pasta Bar	Deli Bar	Mexican Taco Bar	Stir Fry Station
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
Winter Break				
25 General Tso's Chicken Rice Pilaf Egg Roll Cabbage & Carrot Saute	26 Sloppy Joes Lentil Sloppy Joes WW Bun Creamy Coleslaw Sweet Corn Baked Beans	27 Cheese or Pepperoni Calzone w/Marinara Sauce Caesar Salad	28 Open Face Turkey Sandwich WW Bread Mashed Potatoes Butternut Squash Puree Cranberry Sauce	1 Pasta Primavera Cheesy Bread Sticks Mediterranean Chickpea Salad Steamed Spinach
Build Your Burger	Italian Pasta Bar	Deli Bar	Baked Potato Bar	Panini
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				

! 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.**

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!