



April 2019

Mt. Abe EAGLE CAFÉ
Healthy Meals for Growing Minds
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To see some of our meals and our team in action follow us on
INSTAGRAM @greatschoolmeals

DAILY MEALS It's all about healthy choices!	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAIN EVENT A homemade hot entrée with vegetable and grain sides as well as fruit. (See Menu)	1 Hearty Chicken & Biscuit W/Seasonal Veggies Steamed Broccoli	2 Sloppy Joes or Lentil Sloppy Joes WW Bun Creamy Coleslaw Baked Beans Sweet Corn	3 Big Daddy's Pizza Cheese, Pepperoni and Specialty Pizza Caesar Salad w/ Romaine	4 Crispy Chicken Breast WW Dinner Roll Rice Pilaf Butternut Squash Puree
Build Your Burger		Italian Pasta Bar	Deli Bar	Taco Bar	Stir Fry Station
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
THE GRILL An alternate meal option served with a vegetable side & fruit. (See Menu)	8 Mandarin Orange Chicken Brown Rice Egg Roll Chinese Glazed Carrots	9 Mexican Lasagna Cheesy Cornbread Corn & Black Bean Salad Green Beans	10 Early Release Day Grab and Go Sandwich VARIETY w/Fresh Fruit & Pretzels Salads & Snack Packs also available	11 Open Faced Hot Turkey Sandwich w/Gravy WW Bread Roasted Potatoes Tender Sweet Peas Cranberry Sauce	12 Creamy Pasta Primavera Cheesy Breadstick Mediterranean Bean Salad Steamed Spinach
	Build Your Burger	Italian Pasta Bar	Deli Bar	Grab & Go	Grilled Panini
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
SALAD CENTRAL Make a meal from the Fresh Fruit & Veggie Bar by adding a protein & a grain.	15 Macaroni & Cheese WW Homemade Dinner Roll Steamed Broccoli Baked Beans	16 Baked Chicken Tenders or Crispy Tofu Slices Banana Bread Sweet Potato Fries Green Beans	17 Big Daddy's Pizza Cheese, Pepperoni and Specialty Pizza Caesar Salad with Romaine	18 Shepherd's Pie With Seasonal Veggies WW Homemade Dinner Roll Brussel Sprouts	19 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Sweet Peas Mediterranean Bean Salad
	Build Your Burger	Italian Pasta Bar	Deli Bar	Taco Bar	Stir Fry Station
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
 <h2 style="text-align: center;">Spring Break!!!</h2> 					
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!					
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! We want <u>everyone</u> at the table. Apply for Free & Reduced Meals TODAY! Easy, confidential application. Go to: www.mausd-anwsdnutrition.com	29 Cheesy Breadsticks Marinara Dipping Sauce Steamed Cauliflower	30 Chicken Fillet with Alfredo Sauce Carrot Souffle Spring Asparagus Spears	1 Cheese or Pepperoni Calzone Marinara Sauce Caesar Salad w/ Romaine Lettuce	2 Ground Beef Stroganoff WW Dinner Roll Fettuccini Noodles Steamed Broccoli	3 Chicken Cordon Bleu Bake With Penne Pasta Garlic Bread Steamed Broccoli Broccoli Salad
	Build Your Burger	Italian Pasta Bar	Deli Bar	Baked Potato Bar	Grilled Panini
! 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.

