

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
	MAIN EVENT A homemade hot entrée with vegetable and grain sides as well as fruit. (See Menu)	29 Cheesy Bread Sticks Marinara Sauce Herb Butter Rotini Roasted Cauliflower Buttery Peas	30 Chicken Filet w/Alfredo Sauce Carrot Souffle Spring Asparagus Spears	1 Cheese or Pepperoni Calzones Caesar Salad w/Romaine	2 Ground Beef Stroganoff w/Fettuccini WW Dinner Roll Glazed Carrots Green Beans
Build Your Burger		Italian Pasta Bar	Deli Bar	Baked Potato Bar	Grilled Panini
THE GRILL An alternate meal option served with a vegetable side & fruit. (See Menu)	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	6 Chicken Parmesan Cheesy Bread Sticks Penne Pasta Green Beans Sweet Potato Wedges	7 Early release Day Come Grab a Sandwich, Snack Pack, or Smoothie	8 Big Daddy's Pizza Cheese, Pepperoni and Specialty Pizza Caesar Salad w/Romaine	9 Brunch for Lunch Scrambled Eggs French Toast Sticks Sausage Links Roasted Potatoes Steamed Broccoli	10 Pork Carnitas WW Tortilla Rice and Beans Baked Beans Corn
Build Your Burger	Deli Bar	Deli Bar	Mexican Taco Bar	Stir Fry Station	
GRAB & GO A faster option of premade sandwiches, salads, yogurt parfaits, & smoothies served w/ fruit.	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	13 American Goulash WW Dinner Roll Glazed Carrots	14 Breaded Chicken Tenders WW Dinner Roll Mashed Potatoes Steamed Broccoli	15 Cheese or Pepperoni Calzone w/Marinara Sauce Caesar Salad w/Romaine	16 Golden Grilled Cheese Grilled Ham & Cheese Tortellini Soup Sweet Peas	17 Panama Pork Stew Cornbread Green Beans Buttery Corn
Build Your Burger	Italian Pasta Bar	Deli Bar	Baked Potato Bar	Grilled Panini	
SALAD CENTRAL Make a meal from the Fresh Fruit & Veggie Bar by adding a protein & a grain.	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	20 Chicken & Biscuit W/Seasonal Veggies Steamed Broccoli	21 Sloppy Joe Lentil Sloppy Joe Creamy Coleslaw Corn	22 Big Daddy's Pizza Cheese, Pepperoni and Specialty Pizza Caesar Salad w/Romaine	23 Crispy Chicken Breast WW Dinner Roll Rice Pilaf Peas Butternut Squash Puree	24 Chicken & Bean Enchilada Bake Cornbread Green Beans Mexican Chopped Salad
Build Your Burger	Italian Pasta Bar	Deli Bar	Mexican Taco Bar	General Tso's Stir Fry	
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 <i>everyone</i> at the table. Apply for Free & Reduced Meals TODAY! Easy, confidential application. Go to: www.mausd-anwsdnutrition.com	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
	27 Memorial Day	28 Chicken Fajita WW Tortilla Peppers & Onions Mexican Coleslaw Corn	29 Cheese or Pepperoni Calzone w/Marinara Sauce Caesar Salad w/Romaine	30 Hot Turkey Sandwich Sliced Turkey w/Gravy WW Bread Roasted Potatoes Butternut Squash Cranberry Sauce	31 Eagle Café Chili Bowl Or Veggie Chili W/Cornbread Cheddar Cheese Peas & Carrots Broccoli Salad
	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!