

June 2019

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)	3 General Tso's Chicken Brown Rice Garlicky Broccoli and Carrot	4 Spicy Mexican Chicken Lasagna Cornbread Mexican Chopped Salad Corn	5 Big Daddy's Pizza Cheese, Pepperoni or Specialty Pizza Caesar Salad w/Romaine	6 Turkey Ala King over Rice Pilaf or Mashed Potatoes Butternut Squash Green Beans
	Build Your Burger	Italian Pasta Bar	Deli Bar	Taco Bar	BBQ
	FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
THE GRILL An alternate meal option served with a vegetable side & fruit. (See Menu)	10 Turkey Tetrazzini Homemade Garlic Bread Carrot Soufflé	11 **Greek Day** Pork Gyros with Flatbread and Tzatziki Sauce Horta Vrasta (Boiled Leafy Greens) Stuffed Grape Leaves Greek Salad **sponsored by Chirs Nezin's Team Endeavor	12 Cheesy Bread or Pizza Sticks Marinara Sauce Green Peas Caesar Salad	13 BBQ Pulled Pork on WW Bun Cole Slaw Sweet Potato Fries Steamed Broccoli	14 Pot Luck Enjoy some of your favorite dishes from the school year. Lots of yummy options along with salads and sides.
GRAB & GO A faster option of premade sandwiches, salads, yogurt parfaits, & smoothies served w/ fruit.	Build Your Burger	Italian Pasta Bar Pastitsio (Greek Baked Ziti)	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!				
Meal Prices Breakfast - \$1.50 Lunch \$3.25 Adult Meals \$5.00	17 EARLY RELEASE Grab and Go!!!				
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	<h1 style="font-size: 4em;">Happy Summer</h1>				

<p>! BREAKFAST EVERY DAY! <u>A Smart Start for Growing Minds</u> Daily Breakfast Bar in the cafeteria <u>and</u> 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 <u>PAY FOR MEALS AT:</u> www.mySchoolBucks.com</p>	<p>USDA is an equal opportunity provider and employer.</p>
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We source fresh produce, eggs, beef and chicken from many of our Addison County farmer partners!