





Healthy Meals for Growing Minds	<h1 style="text-align: center;">Mt. Abraham – EAGLE CAFÉ MENU</h1> <h2 style="text-align: center;">October 2019</h2>  					Carol Roscoe, Manager Marie Bolduc Marilyn Haley Jacqueline Malloy Mark Siminitus Beverly Teer
Meal Prices	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast - \$1.50 Lunch - \$3.25 Free/Reduced – One Breakfast & One Lunch – FREE 2nd Entrée w/ Meal \$1.25 Adult Meals - \$5.00	30 Chicken Cordon Bleu Butternut Cranberry Bread Roasted Green Beans	1 Mandarin Orange Chicken Rice Pilaf Steamed Broccoli w/Garlic Sauce Fortune Cookie	2 EARLY RELEASE DAY Variety of Sandwiches Carrot & Celery Sticks Fresh Fruit Pretzels	3 Chicken or Tofu Tenders WW Dinner Roll Mashed Potatoes Carrot Souffle Baked Beans	4 Jumbo Cheese Ravioli With Marinara Sauce Garlic Bread Roasted Cauliflower	
MAIN EVENT MEAL A homemade hot entrée with vegetables and grain sides as well as fruit selection and milk. (See Menu)	7 Creamy Macaroni & Cheese WG Dinner Roll Corn Harvard Beets	8 Teriyaki Meatballs or Tofu Brown Rice Roasted Carrots Edamame Beans	9 PASTABILITIES CALZONES Cheese or Pepperoni With Marinara Caesar Salad Green Peas	10 Shepherd's Pie With Seasonal Veggies WW Dinner Roll Buttery Green Beans	11 Baked Potato Bar Baked Potato Meaty or Veggie Chili Cornbread Steamed Broccoli Cheese Sauce	
BISTRO A weekly alternate menu. Served with a vegetable side. MONDAY Build Your Burger TUESDAY Pasta Bar WEDNESDAY Hot Sub Sandwich THURSDAY Mexican Fiesta FRIDAY Asian Rice or Noodle Bowl	14 Chicken Tetrazzini WW Dinner Roll Herb Roasted Carrots Mediterranean Chickpea Salad	15 Chicken Filet with Basil Cream Sauce Homemade Roll Penne Pasta Steamed Broccoli	16 PIZZA Cheese, Pepperoni or Chef's Choice Caesar Salad Three Bean Salad	17 Cheesy Bread Sticks w/Marinara Roasted Cauliflower Butternut Squash	18 No School	
SALAD CENTRAL Make a meal from the Fresh Fruit & Veggie Bar by adding protein & a grain.	21 Chicken Parmesan Penne Pasta Garlic Bread Sweet Peas	22 Fajita Chicken or Seasoned Beans on WW Tortilla Peppers & Onions Refried Beans Brown Rice Corn Salsa & Sour Cream	23 PASTABILITIES CALZONES Cheese or Pepperoni With Marinara Caesar Salad Buttery Green Beans	24 Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Sweet Potato Fries	25 Ground Beef Stroganoff w/Fettuccini WW Dinner Roll Steamed Broccoli	
GRAB & GO <ul style="list-style-type: none"> Salads Snack Packs Smoothies/Parfaits Sandwiches Made Fresh!		MILK SERVED WITH EVERY MEAL 1% and Skim	BREAKFAST SERVED EVERY DAY A smart start for growing minds. Fresh, homemade baked goods, Fresh fruit. Yogurt & granola. Boiled eggs. Egg Sandwiches Bagel & Cream Cheese.		PAY FOR MEALS at www.myschoolbucks.com 	
Apply for free/reduced meals TODAY Easy, confidential, application. GO to www.mausd- anwsdnutrition.com	Fresh Fruit & Veggie Bar with EVERY MEAL, EVERY DAY					
	BUILD YOUR BURGER	PASTA BAR	HOT SUB SANDWICH	MEXICAN FIESTA	ASIAN RICE OR NOODLE BOWL	
	Hamburger, Cheeseburger, Chicken Burger or Veggie Burger with a choice of toppings. Vegetable of the Day	Pasta w/ a choice of homemade sauces. Parmesan Cheese Garlic Bread Vegetable of the Day	Rotating hot sub sandwich variety Philly Cheese, Meatball, Hot Italian, or Roasted Veggie Vegetable of the Day	Rotating choice of Tacos, Burritos or Nachos w/ Cheese Sauce Served with rice, corn, salsa & guacamole.	Choice of rice or noodles topped with rotating choice of Asian flavored chicken or beef and tofu with fresh stir fried veggies.	

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