




Healthy Meals for Growing Minds	Mt. Abraham – EAGLE CAFÉ MENU February 2020					Carol Roscoe, Manager Marie Bolduc Marilyn Haley Jacqueline Malloy Pamela Murray Mark Siminitus Beverly Teer
Meal Prices	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Breakfast</b> - \$1.50 <b>Lunch</b> - \$3.25 <b>Free/Reduced</b> – One Breakfast & One Lunch – FREE <b>2<sup>nd</sup> Entrée w/ Meal</b> \$1.25 <b>Adult Meals</b> - \$5.00	3 <b>American Goulash</b> <b>Meaty or Vegetarian</b> WW Dinner Roll Honey Carrot Coins	4 <b>Breaded Chicken or Tofu Tenders</b> <b>With BBQ Dipping Sauce</b> Mashed Potatoes Cornbread Steamed Broccoli	5 <b>Early Release Day</b>  <b>GRAB &amp; GO!!</b> Individual Pepperoni or Cheese Pizza Fresh Fruit or Carrots Stick	6 <b>Grilled Cheese Grilled Ham &amp; Cheese</b> Tomato Tortellini Soup Sweet Peas	7 <b>BBQ Pulled Pork or BBQ Tofu</b> WW Bun Creamy Coleslaw Baked Beans Sweet Corn <b>Rice or Noodle Bowl with Beef or Tofu</b>	
<b>MAIN EVENT MEAL</b> A homemade hot entrée with vegetables and grain sides as well as fruit selection and milk. (See Menu)  Vegetarian options offered daily.	10 <b>Chicken &amp; Biscuit</b> With Seasonal Vegetables Seasoned Brussel Sprouts	11 <b>Baked Potato Bar</b> Baked Potato Meat or Veggie Chili Cheese Sauce Cheesy Cornbread Steamed Broccoli	12 <b>Local Pastabilities Calzones</b> Cheese or Pepperoni w/Marinara Sauce Caesar Salad w/CROUTONS  <b>Chicken Fajita Panini</b>	13 <b>Hot Turkey Sandwich on WW Bread</b> Turkey Gravy Cranberry Sauce Mashed Potatoes Butternut Squash Puree	14 <b>Sloppy Joes or Lentil Sloppy Joe</b> WW Bun Sweet Potato Fries Green Beans  <b>Rice or Noodle Bowl with Chicken or Tofu</b>	
<b>BISTRO</b> A weekly alternate menu. Served with a vegetable side. <b>MONDAY</b> Build Your Burger <b>TUESDAY</b> Pasta Bar <b>WEDNESDAY</b> Hot Sub Sandwich or Panini <b>THURSDAY</b> Mexican Fiesta <b>FRIDAY</b> Stir Fry Friday <b>SALAD CENTRAL</b> Make a meal from the Fresh Fruit & Veggie Bar by adding protein & grain.	 <h1>Winter Break</h1>					
<b>GRAB &amp; GO</b> <ul style="list-style-type: none"> <li>Salads</li> <li>Snack Packs</li> <li>Smoothies/Parfaits</li> <li>Sandwiches</li> </ul> <b>Made Fresh!</b>		<b>MILK SERVED WITH EVERY MEAL</b> <b>1% and Skim</b>	<b>BREAKFAST SERVED EVERY DAY</b> A smart start for growing minds.  Fresh, homemade baked goods, Fresh fruit. Yogurt & granola. Boiled eggs. Egg Sandwiches Bagel & Cream Cheese.		<b>PAY FOR MEALS at</b> <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>  	
Apply for free/reduced meals TODAY Easy, confidential, application. GO to <a href="http://www.mausd-anwsdnutrition.com">www.mausd-anwsdnutrition.com</a>	<b>Fresh Fruit &amp; Veggie Bar with EVERY MEAL, EVERY DAY</b>					
<b>BUILD YOUR BURGER</b>	<b>PASTA BAR</b>	<b>HOT SUB SANDWICH</b>	<b>MEXICAN FIESTA</b>	<b>ASIAN RICE OR NOODLE BOWL</b>		
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 or 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.		