



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

August 2025

Hot off the Eagle Grill



8/25 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
8/26 Nachos Deluxe/Refried Beans/California Blend
8/27 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
8/28 Hot Dog Cook Out Day!
8/29 No School Labor Day Holiday

Eagle Pizzeria

Monday: Mozzarella Sticks w/Marinara Sauce
Tuesday: Pretzel w/Cheese
Wednesday: Chef's Choice Pizza
Thursday: Pizza Crunchers
Friday: Bosco Sticks w/Marinara Sauce

Pepperoni Pizza available daily.

Daily Milk Choices: Low Fat White-Low Fat Chocolate
Condiments Daily: Low Fat Italian and Low-Fat Ranch,
BBQ Sauce, Ketchup, Mustard and Light Mayonnaise
Available Daily on the Vegetable Bar: Baby Carrots, Broccoli, Baby
Spinach, Celery, Cucumbers, Peppers, Tomatoes, Romaine Lettuce.
Fruit Available Daily: Apples, Oranges, Pears, Raisins, Assorted
Canned Selections, Bananas Wednesday and Thursday if available.
Hot Vegetables Available Daily

*All fruits and vegetables will be prepackaged for you.

Available Daily: Cheeseburger, Spicy Chicken
Sandwich, Chicken Sandwich

Check sandwich specials in the cafeteria.
We are happy to see you back!



Grab and Go

Salads: Crispy Chicken Salad w/ Goldfish Crackers
Chicken Caesar Salad w/Garlic Croutons/Goldfish
Sandwiches: Turkey & Cheese Sub, Ham & Cheese Sub,
Croissant with Turkey & Cheese or Italian Meat Sub.
Wraps: Chicken and Cheddar or Spicy Chicken and Cheddar
Yogurt Parfaits: Strawberry or Vanilla Yogurt
With Fruit and Granola
Snack Pack: PBJ/String Cheese w/ Goldfish Crackers or
Yogurt, Cereal, String Cheese & Goldfish Crackers

We use whole grain bread products. Full meal includes Entrée (Bread and Protein), 1 cup Fruit (F), ½ cup or more Vegetable (V), and choice of 1% White or Fat Free Chocolate Milk. A meal must include 3 of these choices.

*You must have a ½ **cup** serving of a fruit or vegetable on your plate or you will be charged ala carte prices.

Menu subject to change

Milk: \$.50 Breakfast and Lunch FREE to all students Adult Lunch Price: \$5.35 Adult Breakfast \$3.15



EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites

August 2025

Hot off the Eagle Grill



8/25 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
8/26 Nachos Deluxe/Refried Beans/California Blend
8/27 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
8/28 Hot Dog Cook Out Day!
8/29 No School Labor Day Holiday

Eagle Pizzeria

Monday: Mozzarella Sticks w/Marinara Sauce
Tuesday: Pretzel w/Cheese
Wednesday: Chef's Choice Pizza
Thursday: Pizza Crunchers
Friday: Bosco Sticks w/Marinara Sauce

Pepperoni Pizza available daily.

Daily Milk Choices: Low Fat White-Low Fat Chocolate
Condiments Daily: Low Fat Italian and Low-Fat Ranch,
BBQ Sauce, Ketchup, Mustard and Light Mayonnaise
Available Daily on the Vegetable Bar: Baby Carrots, Broccoli, Baby
Spinach, Celery, Cucumbers, Peppers, Tomatoes, Romaine Lettuce.
Fruit Available Daily: Apples, Oranges, Pears, Raisins, Assorted
Canned Selections, Bananas Wednesday and Thursday if available.
Hot Vegetables Available Daily

*All fruits and vegetables will be prepackaged for you.

Available Daily: Cheeseburger, Spicy Chicken
Sandwich, Chicken Sandwich

Check sandwich specials in the cafeteria.
We are happy to see you back!



Grab and Go

Salads: Crispy Chicken Salad w/ Goldfish Crackers
Chicken Caesar Salad w/Garlic Croutons/Goldfish
Sandwiches: Turkey & Cheese Sub, Ham & Cheese Sub,
Croissant with Turkey & Cheese or Italian Meat Sub.
Wraps: Chicken and Cheddar or Spicy Chicken and Cheddar
Yogurt Parfaits: Strawberry or Vanilla Yogurt
With Fruit and Granola
Snack Pack: PBJ/String Cheese w/ Goldfish Crackers or
Yogurt, Cereal, String Cheese & Goldfish Crackers

We use whole grain bread products. Full meal includes Entrée (Bread and Protein), 1 cup Fruit (F), ½ cup or more Vegetable (V), and choice of 1% White or Fat Free Chocolate Milk. A meal must include 3 of these choices.

*You must have a ½ **cup** serving of a fruit or vegetable on your plate or you will be charged ala carte prices.

Menu subject to change

Milk: \$.50 Breakfast and Lunch FREE to all students Adult Lunch Price: \$5.25