



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

March 2025

Hot off the Eagle Grill

3/3 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
 3/4 Tacos/Refried Bean Dip/Tortilla Chips/California Blend
 3/5 Hot Dogs/Chili/Baked Beans/Fries
 3/6 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
 3/7 Homemade Wet Burrito/Rice/Tortilla Chips/Cheese Sauce

3/10 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
 3/11 Chicken Fajitas/Peppers/Mexican Street Corn/ Chips
 3/12 Cherry Blossom Chicken/Broccoli/Rice/Peas
 3/13 Cheesy Pasta Bake/Green Beans/Carrots/Garlic Bread
 3/14 French Tst Sticks/Sausage/Hash Browns/CinnamonApples

3/17 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
 3/18 Nachos Deluxe/Refried Bean Dip/California Blend
 3/19 Grilled Cheese/Tomato Soup/Hash Browns
 3/20 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
 3/21 Oven Fried Chicken/Cheesy Potatoes/Corn/Roll

3/24 Macaroni and Cheese/Smile Fries/Broccoli/Pretzel
 3/25 Walking Taco/Cowboy Caviar/Tortilla Chips/Corn
 3/26 Chicken Tenders/Cheesy Potatoes/Carrots/Dinner Roll
 3/27 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
 3/28 Early Release Menu
 3/31 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
 Early Release Menu: Chicken Sandwich or Bosco Sticks/Fresh Fruit/Salad/Choice of Chips/Chocolate Chip Cookie



Daily Milk Choices: Low Fat White-Fat Free 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!



National School Breakfast Week

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

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), 1cup 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