



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

October 2025

Hot off the Eagle Grill

10/1 Cherry Blossom Chicken/Broccoli/Rice/Peas
10/2 Pasta Bake w/Cheese/Green Beans/Garlic Bread
10/3 French Tst Sticks/Sausage/Hash Browns/Cinnamon Apples

10/6 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
10/7 Nachos Deluxe/Refried Beans/California Blend
10/8 Grilled Cheese/Tomato Soup/Hash Browns
10/9 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
10/10 Early Release Menu

10/13 Mac and Cheese/Broccoli/Smile Fries/Blueberry Muffin
10/14 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn
10/15 Chicken Tenders/Cheesy Potatoes/Carrots/Dinner Roll
10/16 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
10/17 No School – Fall Break

10/20 No School – Fall Break
10/21 Nachos Deluxe/Refried Beans/California Blend
10/22 Cherry Blossom Chicken/Rice/Broccoli/ Peas/Carrots
10/23 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
10/24 Oven Fried Chicken/Potato Wedges/Corn/Roll

10/27 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
10/28 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn
10/29 Hot Dog/Baked Beans/Chili/Fries
10/30 Pasta Bake w/Cheese/Green Beans/Garlic Bread
10/31 French Tst Sticks/Sausage/Hash Browns/Cinn Apples
Zombie Sundae!

Early Release Menu:
Chicken Sandwich or Cheeseburger/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!



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 or Cheese Pizza served daily.

Grab and Go

Salads: Crispy Chicken Salad w/ Goldfish Crackers

Sandwiches: Turkey & Cheese Sub, Ham & Cheese Sub,
Or Italian Meat Sub.

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: \$5.35