



EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites

September 2025

Hot off the Eagle Grill

9/1 No School Labor Day Holiday
9/2 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
9/3 Cherry Blossom Chicken/Broccoli/Rice/Peas
9/4 Pasta Bake w/Cheese/Green Beans/Garlic Bread
9/5 French Tst Sticks/Sausage/Hash Browns/Cinnamon Apples

9/8 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
9/9 Nachos Deluxe/Refried Beans/California Blend
9/10 Grilled Cheese/Tomato Soup/Hash Browns
9/11 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
9/12 Oven Fried Chicken/Potatoes/Corn/Dinner Roll

9/15 Mac and Cheese/Broccoli/Smile Fries/Blueberry Muffin
9/16 Tacos or Walking Taco/Refried Beans/Tortilla Chips/Corn
9/17 Chicken Tenders/Cheesy Potatoes/Carrots/Dinner Roll
9/18 Pasta w/Meat Sauce/Meatballs/Green Beans/Garlic Bread
9/19 French Tst Sticks/Sausage/Hash Browns/Cinnamon Apples

9/22 Popcorn Chicken/Mashed Potatoes/Gravy/Dinner Roll
9/23 Nachos Deluxe/Refried Beans/California Blend
9/24 Hot Dogs/Chili/Baked Beans/Fries
9/25 Pasta Alfredo/Broccoli/Green Beans/Garlic Bread
9/26 Early Release Menu

9/29 Sidewinder Pulled Pork Nachos/Corn Bread/Queso
9/30 Chicken Fajitas/Refried Beans/Tortilla Chips/Corn

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.

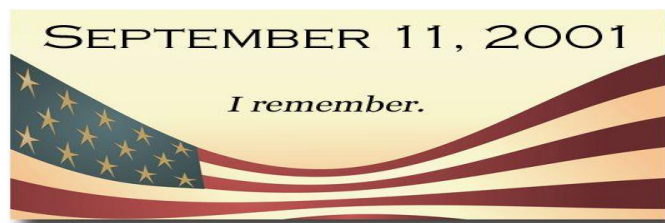
Fruit Available Daily: Apples, Oranges, Pears, Raisins, Assorted Canned Selections, Bananas Wednesday and Thursday if available.

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

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