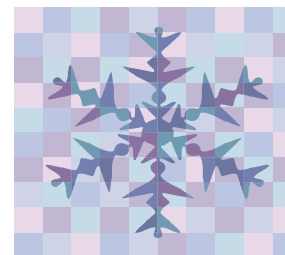




January Lunch Menu

Eagles Café Meal Pricing:

Elementary Lunch (K-5) \$3.55
High School Lunch (6-12) \$3.90
Adult Lunch \$4.70
Milk .50



Choices:
 1% White Milk
 &
 Skim Chocolate Milk

Students are encouraged to try the daily fruits and vegetables offered.

Eagles Café

* =Whole grain rich foods

2022-23

Menu is subject to change Due to Supply Demand

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN 9	9 French Toast/Sausage	10 Sloppy Joe	11 Chicken Alfredo	12 Chicken Patty on a Bun	13 Grilled Cheese/tomato Soup
JAN 13	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
JAN 16	16 Hotdog/Brat	17 Popcorn Chicken (1/2 day 8 th -12 th grade)	18 Tacos (1/2 day 8 th -12 th grade)	19 Quesadilla Pizza (1/2 day 8 th -12 th grade)	20 No School/Lunch
JAN 20	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
JAN 23	23 Belgian Waffle	24 Chicken Fajitas	25 Lasagna/Garlic Bread	26 Turkey Sub	27 Cheese Nachos
JAN 27	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
JAN 30	30 Hamburger/ Cheeseburger	31 Chicken Nuggets/Rice	1 Chicken or Cheese Quesadilla	2 Ham & Cheese on Ciabatta Roll	3 Bosco Cheese Sticks with Marinara Sauce
FEB 3	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk