



October 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
OCT 3	3 Belgian Waffles	4 Popcorn Chicken	5 Spaghetti/Garlic Breadsticks	6 Turkey & Cheese Sub	7 Bavarian Pretzel w/Cheese sauce
OCT 7	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
OCT 10	10 Brat or Hotdog	11 Chicken Nuggets w/Rice	12 Tacos w/Nacho Chips	13 Pizza	14 Sloppy Joes
OCT 14	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
OCT 17	17 French Toast Sticks	18 Hamburger or Cheeseburger	19 Chicken Alfredo over Noodles	20 Turkey & Cheese Ciabatta Bread	21 Bosco Cheese Sticks w/Marinara
OCT 21	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk
OCT 24	24 Mini Corndogs or Corndogs	25 Chicken Fajitas	26 Lasagna/Garlic Bread	27 Chicken or Cheese Quesadilla Pizza	28 Grilled Cheese/Tomato Soup
OCT 28	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk	Fruit Vegetable Milk