



October Lunch Menu

Eagles Café Meal Pricing:

Elementary Lunch (K-5) \$3.75
High School Lunch (6-12) \$4.10
Adult Lunch \$4.90
Milk .50



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 2	2 Waffles/Sausage	3 Flat Bread Pizza	4 Grilled Cheese/ Tomato Soup	5 Chicken Fries/ Mac-n-Cheese	6 Bosco "cheese" Sticks/Marinara
OCT 6	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad bar Milk	Fruit Vegetable/Salad Bar Milk
OCT 9	9 Chicken Patty on a Bun	10 Turkey & Cheese on Brioche Bun	11 Spaghetti/ Breadstick	12 Nachos w/meat & Cheese	13 Hotdog or Brat
OCT 13	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk
OCT 16	16 French Toast Sticks/Sausage	17 Chicken Strips	18 Lasagna/ Garlic Bread	19 Ham & Cheese On Bagel	20 Bavarian Pretzel/ Cheese Sauce
OCT 20	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk
OCT 23	23 Hamburger or Cheeseburger	24 Flat Bread Pizza	25 Sweet & Sour Chicken over Rice	26 Tacos	27 Bosco "cheese" Sticks/Marinara
OCT 27	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk	Fruit Vegetable/Salad Bar Milk

Choices:
 1% White
 Milk
 &
 Skim
 Chocolate
 Milk

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

***Salad Bar
 Available
 Daily***

**Eagles
 Café**

***=Whole grain
 rich foods**

2023-24

**Menu is
 subject to
 change
 Due to
 Supply
 Demand**