



The Eagle Café November 2023 Student Menu



Reduced: \$0.30 Breakfast

\$0.40 Lunch

Paid: \$2.25 Breakfast

\$3.00 Lunch

ST. ELIZABETH SCHOOL

Monday			Tuesday			Wednesday			Thursday			Friday		
10/30 Breakfast			10/31 Breakfast			11/1 Breakfast			11/2 Breakfast			11/3 Breakfast		
K-12			K-12			K-12			K-12			K-12		
Assorted Cereal	8oz		Wheat Toast w/Jelly	2 slices		French Toast Sticks	3 sticks		Egg/Cheese Muffin	1 sandwich		Assorted Cereal	8oz	
Yogurt Cup	1ea		Fruit Salad	1ea		Syrup	1ea		Fresh Fruit	1ea		Yogurt Cup	1ea	
Fresh Fruit	1ea		Assorted Juice	4oz		Hot Peaches	4oz		Assorted Juice	4oz		Fresh Fruit	1ea	
Assorted Juice	4oz		Assorted Milk	4oz		Assorted Fruit	4oz		Assorted Milk	4oz		Assorted Juice	4oz	
Assorted Milk	8oz			8oz		Assorted Juice	8oz			8oz		Assorted Milk	8oz	
Lunch			Lunch			Lunch			Lunch			Lunch		
K-8		9-12	K-8		9-12	K-8		9-12	K-8		9-12	K-8		9-12
Chicken Nuggets	6 ea	6 ea	Tuna Salad on Wheat W/ L&T	1 ea	1 ea	Wheat Pancakes	2ea	3ea	Roast Beef/Cheese on W. Roll w/L&T	1 ea	1 ea	Spaghetti and Meatballs	10oz	12oz
Ketchup	1pc	1pc	Cucumber Salad	6 oz	8oz	Syrup	1pc	1pc	Baked Beans	6oz	8oz	Broccoli	6oz	8oz
What S/T Roll	1ea	1ea	Fresh Fruit	1ea	1ea	Scrambled Eggs	2oz	3oz	Fresh Fruit	1ea	1ea	Black Beans	6oz	8oz
Steamed Carrots	6oz	6oz	Assorted Juice	4oz	4oz	Tater Tots	15 tot	20 tot	Assorted Juice	4oz	4oz	Wheat Roll	1ea	1ea
Fresh Fruit	1oz	1oz	Assorted Milk	8oz	8oz	Fresh Fruit	1ea	1ea	Assorted Milk	8oz	8oz	Fresh Fruit	4oz	4oz
Assorted Milk	8oz	8oz				Assorted Juice	4oz	4oz						
Monday			Tuesday			Wednesday			Thursday			Friday		
11/6 Breakfast			11/7 Breakfast			11/8 Breakfast			11/9 Breakfast			11/10 Breakfast		
K-12			K-12			K-12			K-12			K-12		
Assorted Cereal	8oz		Wheat Toast w/Jelly	2 slices		French Toast Sticks	3 sticks		English Muffin	1 muffin		Assorted Cereal	8oz	
Yogurt Cup	1ea		Fruit Salad	1ea		Syrup	1ea		Fresh Fruit	1ea		Yogurt Cup	1ea	
Fresh Fruit	1ea		Assorted Juice	4oz		Hot Peaches	4oz		Assorted Juice	4oz		Fresh Fruit	1ea	
Assorted Juice	4oz		Assorted Milk	4oz		Assorted Fruit	4oz		Assorted Milk	4oz		Assorted Juice	4oz	
Assorted Milk	8oz			8oz		Assorted Juice	8oz			8oz		Assorted Milk	8oz	
Lunch			Lunch			Lunch			Lunch			Lunch		
K-8		9-12	K-8		9-12	K-8		9-12	K-8		9-12	K-8		9-12
Turkey Meatball Sub	1 ea	1 ea	Entrée Garden Salad	1 ea	1 ea	Beef Stir-Fry	10oz	12oz	Italian Pasta Salad W/Chicken	1ea	1ea	Bean Burrito	1ea	1ea
French Fries	6oz	8oz	Turkey Strips Ranch	1 ea	1 ea	Over Noodles			W S/T Roll	1ea	1ea	Tex-Mex Corn	6oz	8oz
Fresh Fruit	1ea	1ea	Wheat S/T Roll	1ea	1ea	Fresh Fruit	1ea	1ea	Fruit Salad	4oz	4oz	Fresh Fruit	1ea	1ea
Assorted Juice	4oz	4oz	Butter Packet	1ea	1ea	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz
Assorted Milk	8oz	8oz	Fresh Fruit	4oz	4oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz

Reimbursable Breakfast: Must take 3 Items, 1 item must be a fruit

Reimbursable Lunch: Must take 3 items, 1 item must be a fruit or vegetable

The following items are also available as ala-cart:

Breakfast: Assorted Whole Grain Cold Cereal

Lunch: Peanut Butter and Jelly Sandwich or Grilled Cheese

All Meals: Assorted Fat Free Milk and 100% Fruit Juices and Assorted Fresh Fruits

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ST. ELIZABETH SCHOOL

Monday			Tuesday			Wednesday			Thursday			Friday		
11/13 Breakfast	K-12		11/14 Breakfast	K-12		11/15 Breakfast	K-12		11/16 Breakfast	K-12		11/17 Breakfast	K-12	
Assorted Cereal	8oz		Wheat Toast w/Jelly	2 slices		Breakfast Pizza	2 slices		Egg/Cheese Muffin	1 sandwich		Assorted Cereal	8oz	
Yogurt Cup	1ea		Fruit Salad	1ea		Fresh Fruit	1ea		Fresh Fruit	1ea		Yogurt Cup	1ea	
Fresh Fruit	1ea		Assorted Juice	4oz		Assorted Juice	4oz		Assorted Juice	4oz		Fresh Fruit	1ea	
Assorted Juice	4oz		Assorted Milk	4oz		Assorted Milk	4oz		Assorted Milk	4oz		Assorted Juice	4oz	
Assorted Milk	8oz			8oz			8oz			8oz		Assorted Milk	8oz	
Lunch	K-8	9-12	Lunch	K-8	9-12	Lunch	K-8	9-12	Lunch	K-8	9-12	Lunch	K-8	9-12
Fish Sticks	6 sticks	6 sticks	Chicken Salad on W. Roll	1 ea	1 ea	Grilled Chicken on W. Roll w/ L&T	1 ea	1 ea	Tuna Salad on Wheat W/ L&T	1 ea	1 ea	Cheese Pita Pizza	1 ea	1 ea
Wheat Sun Chips			Three Bean Salad	6 oz	8oz	Steamed Carrots	6 oz	6 oz	Green Bean Salad	6 oz	8oz	Tater Tots	15tot	20tot
Baked Beans	1ea	1ea	Fresh Fruit	1ea	1ea	Fresh Fruit	1ea	1ea	Fresh Fruit	1ea	1ea	Fresh Fruit	1ea	1ea
Fruit Salsa	6oz	8oz	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz
Fresh Fruit	2oz	2oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz
Assorted Juice	1ea	1ea												
Monday			Tuesday			Wednesday			Thursday			Friday		
11/20 Breakfast	K-12		11/21 Breakfast	K-12		11/22 Breakfast			11/23 Breakfast			11/24 Breakfast		
Assorted Cereal	8oz		Wheat Toast w/Jelly	2 slices		No School			No School			No School		
Yogurt Cup	1ea		Fruit Salad	1ea										
Fresh Fruit	1ea		Assorted Juice	4oz										
Assorted Juice	4oz		Assorted Milk	4oz										
Assorted Milk	8oz			8oz										
Lunch	K-8	9-12	Lunch	K-8	9-12									
Chicken Nuggets	6 ea	6 ea	Tuna Salad on Wheat W/ L&T	1 ea	1 ea									
Ketchup	1pc	1pc	Cucumber Salad	6 oz	8oz									
What S/T Roll	1ea	1ea	Fresh Fruit	1ea	1ea									
Steamed Carrots	6oz	6oz	Assorted Juice	4oz	4oz									
Fresh Fruit	1oz	1oz	Assorted Milk	8oz	8oz									
Assorted Milk	8oz	8oz												

Reimbursable Breakfast: Must take 3 Items, 1 item must be a fruit

Reimbursable Lunch: Must take 3 items, 1 item must be a fruit or vegetable

The following items are also available as ala-cart:

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Monday			Tuesday			Wednesday			Thursday			Friday			
11/27 Breakfast		K-12	11/28 Breakfast		K-12	11/29 Breakfast		K-12	11/30 Breakfast		K-12	12/1 Breakfast		K-12	
Assorted Cereal	8oz			2 slices		French Toast Sticks	3 sticks			1 muffin		Assorted Cereal	8oz		
Yogurt Cup	1ea		Wheat Toast w/Jelly	1ea		Syrup	1ea		English Muffin			Yogurt Cup	1ea		
Fresh Fruit	1ea		Fruit Salad	4oz		Hot Peaches	4oz		Fresh Fruit	1ea		Fresh Fruit	1ea		
Assorted Juice	4oz		Assorted Juice	4oz		Assorted Fruit	4oz		Assorted Juice	4oz		Assorted Juice	4oz		
Assorted Milk	8oz		Assorted Milk	8oz		Assorted Juice	8oz		Assorted Milk	8oz		Assorted Milk	8oz		
Lunch		K-8	9-12	Lunch		K-8	9-12	Lunch		K-8	9-12	Lunch		K-8	9-12
Turkey Meatball Sub	1 ea	1 ea	Entrée Garden Salad	1 ea	1 ea	Beef Stir-Fry	10oz	12oz	Italian Pasta Salad	1ea	1ea	Bean Burrito	1ea	1ea	
French Fries	6oz	8oz	Turkey Strips			Over Noodles			W/Chicken			Tex-Mex Corn	6oz	8oz	
Fresh Fruit	1ea	1ea	Ranch	1 ea	1 ea	Fresh Fruit	1ea	1ea	W S/T Roll	1ea	1ea	Fresh Fruit	1ea	1ea	
Assorted Juice	4oz	4oz	Wheat S/T Roll	1ea	1ea	Assorted Juice	4oz	4oz	Fruit Salad	4oz	4oz	Assorted Juice	4oz	4oz	
Assorted Milk	8oz	8oz	Butter Packet	1ea	1ea	Assorted Milk	8oz	8oz	Assorted Juice	4oz	4oz	Assorted Milk	8oz	8oz	
			Fresh Fruit	4oz	4oz				Assorted Milk	8oz	8oz				

Reimbursable Breakfast: Must take 3 Items, 1 item must be a fruit

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