



The Eagle Café November 2024 Student Menu



ST. ELIZABETH SCHOOL

Reduced: \$0.30 Breakfast

\$0.40 Lunch

Paid: \$2.25 Breakfast

\$3.00 Lunch

Monday			Tuesday			Wednesday			Thursday			Friday		
10/28 Breakfast	K-12		10/29 Breakfast	K-12		10/30 Breakfast	K-12		10/31 Breakfast	K-12		11/1 Breakfast	K-12	
Assorted Cereal	1ea		Wheat Toast w/Jelly	2 slices		French Toast Sticks	3 sticks		English Muffin	1 muffin		Assorted Cereal	1ea	
Yogurt Cup	1ea		Fruit Salad	1ea		Syrup	1ea		Fresh Fruit	1ea		Yogurt Cup	1ea	
Fresh Fruit	1ea		Assorted Juice	3oz		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	K-8	9-12	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	10oz	12oz	Bean Burrito	1ea	1ea
French Fries	6oz	8oz	Turkey Strips			Over Noodles			W/Chicken			Tex-Mex Corn	1ea	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			
Monday			Tuesday			Wednesday			Thursday			Friday		
11/4 Breakfast	K-12		11/5 Breakfast	K-12		11/6 Breakfast	K-12		11/7 Breakfast	K-12		11/8 Breakfast	K-12	
Assorted Cereal	1ea		French Toast Sticks	3 sticks		Breakfast Pizza	2 slices		Egg/Cheese Muffin	1ea		Assorted Cereal	1ea	
Yogurt Cup	1ea		Syrup	1ea		Fresh Fruit	1ea		Fresh Fruit	1ea		Yogurt Cup	1ea	
Fresh Fruit	1ea		Hot Peaches	4oz		Assorted Juice	4oz		Assorted Juice	4oz		Fresh Fruit	1ea	
Assorted Juice	4oz		Fresh Fruit	1ea		Assorted Milk	8oz		Assorted Milk	8oz		Assorted Juice	4oz	
Assorted Milk	8oz		Assorted Juice	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	1ea	1 ea
Wheat Sun Chips			Three Bean Salad	6 oz	8oz	Steamed Carrots	6 oz	6 oz	Green Bean Salad	6oz	8oz	Tater Tots	6oz	8oz
Baked Beans	1ea	1ea	Wheat Sun Chips	1ea	1ea	Fresh Fruit	1ea	1ea	Wheat Sun Chips	1ea	1ea	Fresh Fruit	1ea	1ea
Fruit Salsa	3oz	3oz	Fresh Fruit	1ea	1ea	Assorted Juice	4oz	4oz	Fresh Fruit	1ea	1ea	Assorted Juice	4oz	4oz
Fresh Fruit	2oz	2oz	Assorted Juice	4oz	4oz	Assorted Milk	8oz	8oz	Assorted Juice	4oz	4oz	Assorted Milk	8oz	8oz
Assorted Juice	1ea	1ea												

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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Monday			Tuesday			Wednesday			Thursday			Friday		
11/11 Breakfast	K-12		11/12 Breakfast	K-12		11/13 Breakfast	K-12		11/14 Breakfast	K-12		11/15 Breakfast	K-12	
Assorted Cereal	1ea			2 slices		French Toast Sticks	3 sticks			1 sandwich		Assorted Cereal	1ea	
Yogurt Cup	1ea		Wheat Toast w/Jelly	1ea		Syrup	1ea		Egg/Cheese Muffin	1ea		Yogurt Cup	1ea	
Fresh Fruit	1ea		Fruit Salad	3oz		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	Lunch	K-8	9-12
Chicken Nuggets	6 ea	6 ea	Tuna Salad on Wheat	1 ea	1 ea	Wheat Pancakes	2ea	3ea	Roast Beef/Cheese	1 ea	1 ea	Spaghetti and	10oz	12oz
Ketchup	1pc	1pc	W/ L&T			Syrup	1pc	1pc	on W. Roll w/L&T			Meatballs		
Wheat S/T Roll	1ea	1ea	Cucumber Salad	6 oz	8oz	Scrambled Eggs	2oz	3oz	Baked Beans	6oz	8oz	Broccoli	6oz	8oz
Steamed Carrots	6oz	6oz	Fresh Fruit	1ea	1ea	Tater Tots	6oz	8oz	Fresh Fruit	1ea	1ea	Black Beans	6oz	8oz
Fresh Fruit	1ea	1oz	Assorted Juice	4oz	4oz	Fresh Fruit	1ea	1ea	Assorted Juice	4oz	4oz	Wheat Roll	1ea	1ea
Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	Assorted Juice	4oz	4oz	Assorted Milk	8oz	8oz	Fresh Fruit	4oz	4oz
Monday			Tuesday			Wednesday			Thursday			Friday		
11/18 Breakfast	K-12		11/19 Breakfast	K-12		11/20 Breakfast	K-12		11/21 Breakfast	K-12		11/22 Breakfast	K-12	
Assorted Cereal	1ea			2 slices		French Toast Sticks	3 sticks			1 muffin		Assorted Cereal	1ea	
Yogurt Cup	1ea		Wheat Toast w/Jelly	1ea		Syrup	1ea		English Muffin	1ea		Yogurt Cup	1ea	
Fresh Fruit	1ea		Fruit Salad	3oz		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	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	10oz	12oz	Bean Burrito	1ea	1ea
French Fries	6oz	8oz	Turkey Strips			Over Noodles			W/Chicken			Tex-Mex Corn	1ea	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			

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The following items are also available as ala-cart:

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Monday			Tuesday			Wednesday			Thursday			Friday		
11/25 Breakfast			11/26 Breakfast			11/27 Breakfast			11/28 Breakfast			11/29 Breakfast		
K-12			K-12			K-12			K-12			K-12		
Assorted Cereal	1ea		French Toast Sticks	3 sticks		No School			No School			No School		
Yogurt Cup	1ea		Syrup	1ea										
Fresh Fruit	1ea		Hot Peaches	4oz										
Assorted Juice	4oz		Fresh Fruit	1ea										
Assorted Milk	8oz		Assorted Juice	8oz										
Lunch	K-8	9-12	Lunch	K-8	9-12									
Fish Sticks	6	6	Chicken Salad on W. Roll	1 ea	1 ea									
Wheat Sun Chips	sticks	sticks	Three Bean Salad	6 oz	8oz									
Baked Beans	1ea	1ea	Wheat Sun Chips	1ea	1ea									
Fruit Salsa	3oz	3oz	Fresh Fruit	1ea	1ea									
Fresh Fruit	2oz	2oz	Assorted Juice	4oz	4oz									
Assorted Juice	1ea	1ea												

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

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