



The Eagle Café May 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		
5/1 Breakfast			5/2 Breakfast			5/3 Breakfast			5/4 Breakfast			5/5 Breakfast		
K-12			K-12			K-12			K-12			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	n		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			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	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			
Monday			Tuesday			Wednesday			Thursday			Friday		
5/8 Breakfast			5/9 Breakfast			5/10 Breakfast			5/11 Breakfast			5/12 Breakfast		
K-12			K-12			K-12			K-12			K-12		
Assorted Cereal	8oz			2 slices			2 slices			1 sandwich		Assorted Cereal	8oz	
Yogurt Cup	1ea		Wheat Toast w/Jelly	1ea		Breakfast Pizza			Egg/Cheese Muffin	wich		Yogurt Cup	1ea	
Fresh Fruit	1ea		Fruit Salad	4oz		Fresh Fruit	1ea		Fresh Fruit	1ea		Fresh Fruit	1ea	
Assorted Juice	4oz		Assorted Juice	4oz		Assorted Juice	4oz		Assorted Juice	4oz		Assorted Juice	4oz	
Assorted Milk	8oz		Assorted Milk	8oz		Assorted Milk	8oz		Assorted Milk	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		
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												

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

SES is an equal opportunity provider



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ST. ELIZABETH SCHOOL

Monday			Tuesday			Wednesday			Thursday			Friday		
5/15 Breakfast			5/16 Breakfast			5/17 Breakfast			5/18 Breakfast			5/19 Breakfast		
K-12			K-12			K-12			K-12			K-12		
Assorted Cereal	8oz			2		French Toast Sticks	3			1		Assorted Cereal	8oz	
Yogurt Cup	1ea		Wheat Toast w/Jelly	1ea		Syrup	1ea		Egg/Cheese Muffin	wich		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			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	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		
What 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	15 tot	20 tot	Fresh Fruit	1ea	1ea	Black Beans	6oz	8oz
Fresh Fruit	1oz	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		
5/22 Breakfast			5/23 Breakfast			5/24 Breakfast			5/25 Breakfast			5/26 Breakfast		
K-12			K-12			K-12			K-12			K-12		
Assorted Cereal	8oz			2		French Toast Sticks	3			1		Assorted Cereal	8oz	
Yogurt Cup	1ea		Wheat Toast w/Jelly	1ea		Syrup	1ea		English Muffin	n		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			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	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			

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