



## The Eagle Café January 2023 Student Menu



ST. ELIZABETH SCHOOL

Reduced: \$0.30 Breakfast

\$0.40 Lunch

Paid: \$2.25 Breakfast

\$3.00 Lunch

Monday		Tuesday			Wednesday			Thursday			Friday			
1/2		1/3 Breakfast	K-12		1/4 Breakfast	K-12		1/5 Breakfast	K-12		1/6 Breakfast	K-12		
No School		Wheat Toast w/Jelly	2 slices		French Toast Sticks	3 sticks		Egg/Cheese Muffin	1 sandwich		Assorted Cereal	8oz		
		Fruit Salad	4oz		Syrup	1ea		Fresh Fruit	1ea		Yogurt Cup	1ea		
		Assorted Juice	4oz		Hot Peaches	4oz		Assorted Juice	4oz		Fresh Fruit	1ea		
		Assorted Milk	8oz		Assorted Fruit	4oz		Assorted Milk	8oz		Assorted Juice	4oz		
					Assorted Juice	8oz					Assorted Milk	8oz		
		<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	
		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	
		Cucumber Salad	6 oz	8oz	Syrup	1pc	1pc	Baked Beans	6oz	8oz	Broccoli	6oz	8oz	
		Fresh Fruit	1ea	1ea	Scrambled Eggs	2oz	3oz	Fresh Fruit	1ea	1ea	Black Beans	6oz	8oz	
		Assorted Juice	4oz	4oz	Tater Tots	15 tot	20 tot	Assorted Juice	4oz	4oz	Wheat Roll	1ea	1ea	
		Assorted Milk	8oz	8oz	Fresh Fruit	1ea	1ea	Assorted Milk	8oz	8oz	Fresh Fruit	4oz	4oz	
					Assorted Juice	4oz	4oz							
Monday		Tuesday			Wednesday			Thursday			Friday			
1/9 Breakfast	K-12	1/10 Breakfast			1/11 Breakfast	K-12		1/12 Breakfast	K-12		1/13 Breakfast	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	4oz		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	8oz		Assorted Fruit	4oz		Assorted Milk	8oz		Assorted Juice	4oz		
Assorted Milk	8oz				Assorted Juice	8oz					Assorted Milk	8oz		
<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	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			Over Noodles			W S/T Roll	1ea	1ea	Tex-Mex Corn	6oz	8oz
Fresh Fruit	1ea	1ea	Ranch	1 ea	1 ea	Fresh Fruit	1ea	1ea	Fruit Salad	4oz	4oz	Fresh Fruit	1ea	1ea
Assorted Juice	4oz	4oz	Wheat S/T Roll	1ea	1ea	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz
Assorted Milk	8oz	8oz	Butter Packet	1ea	1ea	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz
			Fresh Fruit	4oz	4oz									

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			
1/16		1/17 Breakfast	K-12		1/18 Breakfast	K-12		1/19 Breakfast	K-12		1/20 Breakfast	K-12		
No School		Wheat Toast w/Jelly	2 slices		Breakfast Pizza	2 slices		Egg/Cheese Muffin	1 sandwich		Assorted Cereal	8oz		
		Fruit Salad	1ea		Fresh Fruit	1ea		Fresh Fruit	1ea		Yogurt Cup	1ea		
		Assorted Juice	4oz		Assorted Juice	4oz		Assorted Juice	4oz		Fresh Fruit	1ea		
		Assorted Milk	4oz		Assorted Milk	8oz		Assorted Milk	8oz		Assorted Juice	4oz		
		Assorted Milk	8oz		Assorted Milk	8oz		Assorted Milk	8oz		Assorted Milk	8oz		
		<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	<b>Lunch</b>	K-8	9-12	
		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	
		Three Bean Salad	6 oz	8oz	Steamed Carrots	6 oz	6 oz	Green Bean Salad	6 oz	8oz	Tater Tots	15tot	20tot	
		Fresh Fruit	1ea	1ea	Fresh Fruit	1ea	1ea	Fresh Fruit	1ea	1ea	Fresh Fruit	1ea	1ea	
		Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz	Assorted Juice	4oz	4oz	
		Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	Assorted Milk	8oz	8oz	
Monday		Tuesday			Wednesday			Thursday			Friday			
1/23 Breakfast	K-12	1/24 Breakfast	K-12		1/25 Breakfast			1/26 Breakfast			1/27 Breakfast			
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	8oz		Assorted Juice	4oz		
Assorted Milk	8oz	Assorted Milk	8oz		Assorted Juice	8oz		Assorted Milk	8oz		Assorted Milk	8oz		
<b>Lunch</b>		K-8	9-12	<b>Lunch</b>		K-8	9-12	<b>Lunch</b>		K-8	9-12	<b>Lunch</b>		
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 Milk	8oz	8oz	Assorted Juice	4oz	4oz	Assorted Milk	8oz	8oz			

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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			
1/30 Breakfast		K-12	1/31 Breakfast		K-12	2/1 Breakfast		K-12	2/2 Breakfast		K-12	2/3 Breakfast		K-12	
Assorted Cereal	8oz			2 slices		French Toast Sticks	3 sticks			1 sandwich		Assorted Cereal	8oz		
Yogurt Cup	1ea		Wheat Toast w/Jelly	1ea		Syrup	1ea		Egg/Cheese Muffin	1ea		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
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	

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