

Eagle Hill Cafe

MONDAY

Breakfast:

Waffles w/ Syrup
Home Fries, Bacon, Oatmeal
Yogurt, Fruit

Lunch:

Lentil Soup-V
Burger Bar: Beef or Veggie Burgers
Hot Dogs w/ Sauerkraut, French Fries-V
Baked Beans-V, Chili, Steamed Corn-V
Cous Cous Salad w/ Vegetables-V

Dinner:

Chicken & Cheese Quesadillas
Vegetable Quesadillas-V, Spanish Rice-V
Sauteed Zucchini-V, Guacamole-V

TUESDAY

Breakfast:

Egg McMuffin w/ Cheese
Canadian Bacon, Tater Tots
Cream of Wheat, Fruit, Yogurt

Lunch:

Egg Drop Soup
Marinated Chicken Thighs
Vegetable Spring Rolls-V, Sticky Rice-V
Sauteed Baby Bok Choy-V
Lentil Salad w/ Vegetables-V

Dinner:

Baked Ziti w/ Cheese or Meat
Garlic Bread-ZV, Roasted Carrots-V
Sausage & Peppers

WEDNESDAY

Breakfast:

Banana Pancakes w/ Syrup
Sausage Links, Oatmeal, Brown Potatoes
Fruit, Yogurt

Lunch:

Chicken Matzo Ball Soup
Pizza w/ Cheese or Pepperoni
Carrots w/ Oregano-V
Potato Wedges-V
Make Your Own Chef Salad

Dinner:

Build Your Own Subs: Roast Beef,
Cold Cuts, Tuna Salad, Chicken Salad
Egg Salad, Potato Skins w/ Toppings

THURSDAY

Breakfast:

Scrambled Eggs
Home Fries, Bacon, Cream of Wheat
Fruit, Yogurt

Lunch:

Chilled Strawberry Yogurt Soup-V
Meatloaf w/ Gravy
Roasted Red Bliss Potatoes-V
Tuna Melts, Peas & Carrots-V
Potato Salad-V

Dessert: Yellow Cake w/ Vanilla Frosting

Dinner:

Sweet & Sour Pork
Scallion Fried Rice-V, Pot Stickers-V
Steamed Broccoli w/ Brown Sauce-V

FRIDAY

Breakfast:

Potato & Egg Gratin
Oatmeal, Fruit, Yogurt
Sausage Patties

Lunch:

Faculty Luncheon: 12:30 p.m.

OFFERED DAILY

Complete Salad Bar w/ Toppings
Complete Deli Bar
Selection of Breads & Bagels
Peanut Butter & Jelly Sandwiches
A Variety of Juices and Milk
Fresh Whole Seasonal Hand Fruits
Salad of the Day
V= Vegetarian
Slow Cuisine Item
Food Focus Item

Carlos A. Caban, Chef Manager