

May K-3 Breakfast Menu



Eagle Academy
Public Charter School
Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Assorted Variety of Cereal Yogurt Banana Skim or 1% Milk	2 Potato & Cheese Frittata Whole Grain Flatbread Fresh Orange Wedges Skim or 1% Milk	3 Whole Wheat Bagel with Cream Cheese Fresh Honeydew Wedge Skim or 1% Milk
6 Scrambled Eggs with Cheese on a Whole Grain Flatbread Pineapple Chunks Skim or 1% Milk	7 Turkey Sausage Strata Fresh Peach Skim or 1% Milk	8 Toasted Oatmeal with Dried Cranberries & Raisins Local Fresh Apple Skim or 1% Milk	9 Whole Grain Apple Muffin Cheese Stick Banana Skim or 1% Milk	10 Assorted Variety of Cereal Yogurt Fresh Orange Skim or 1% Milk
13 Whole Wheat English Muffin w/ Jelly Cheese Stick Pineapple Chunks Skim or 1% Milk	14 Turkey Ham & Egg Bake Whole Wheat Roll Fresh Peach Skim or 1% Milk	15 Assorted Variety of Cereal Yogurt Local Fresh Apple Skim or 1% Milk	16 Whole Grain Banana Bread Banana Skim or 1% Milk	17 Toasted Oatmeal with Dried Cranberries & Raisins Fresh Orange Skim or 1% Milk
20 Whole Grain Cheesy Grits Turkey Sausage Pineapple Chunks Skim or 1% Milk	21 Homemade French Toast Fresh Peach Skim or 1% Milk	22 Broccoli & Cheddar Egg Bake Whole Wheat Roll Local Fresh Apple Skim or 1% Milk	23 Whole Grain Blueberry Muffin Cheese Stick Banana Skim or 1% Milk	24 Yogurt Whole Grain Graham Crackers Fresh Orange Skim or 1% Milk
27 Memorial Day No School	28 Assorted Variety of Cereal Whole Grain Graham Crackers Fresh Peach Skim or 1% Milk	29 Turkey Sausage & Egg on a English Muffin Local Fresh Apple Skim or 1% Milk	30 Whole Wheat Bagel with Cream Cheese Banana Skim or 1% Milk	31 Potato & Cheese Frittata Whole Grain Flatbread Fresh Orange Skim or 1% Milk

May PreK Breakfast Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Assorted Variety of Cereal Banana Skim or 1% Milk	2 Potato & Cheese Frittata Fresh Tangerine Skim or 1% Milk	3 Whole Wheat Bagel with Cream Cheese Fresh Honeydew Wedge Skim or 1% Milk
6 Scrambled Eggs with Cheese on a Whole Grain Flatbread Pineapple Chunks Skim or 1% Milk	7 Turkey Sausage Strata Fresh Peach Skim or 1% Milk	8 Toasted Oatmeal with Dried Cranberries & Raisins Sliced Apples Skim or 1% Milk	9 Whole Grain Apple Muffin Banana Skim or 1% Milk	10 Assorted Variety of Cereal Fresh Orange Slices Skim or 1% Milk
13 Whole Wheat English Muffin w/ Jelly Pineapple Chunks Skim or 1% Milk	14 Turkey Ham & Egg Bake Fresh Peach Skim or 1% Milk	15 Assorted Variety of Cereal Sliced Apples Skim or 1% Milk	16 Whole Grain Banana Bread Banana Skim or 1% Milk	17 Toasted Oatmeal with Dried Cranberries & Raisins Fresh Orange Slices Skim or 1% Milk
20 Whole Grain Cheesy Grits Turkey Sausage Pineapple Chunks Skim or 1% Milk	21 Homemade French Toast Fresh Peach Skim or 1% Milk	22 Broccoli & Cheddar Egg Bake Sliced Apples Skim or 1% Milk	23 Whole Grain Blueberry Muffin Banana Skim or 1% Milk	24 Yogurt Fresh Orange Slices Skim or 1% Milk
27 Memorial Day No School	28 Assorted Variety of Cereal Fresh Peach Skim or 1% Milk	29 Turkey Sausage & Egg on a English Muffin Sliced Apples Skim or 1% Milk	30 Whole Wheat Bagel with Cream Cheese Banana Skim or 1% Milk	31 Potato & Cheese Frittata Fresh Orange Slices Skim or 1% Milk

May K-3 Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Curried Chicken Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Apple Milk Variety	2 Turkey & Cheese Sandwich on a Whole Wheat Bun Southern Potato Salad Carrot Slaw Banana Milk Variety	3 Chicken Caesar Salad with Mixed Greens Whole Grain Flatbread Diced Tomatoes Orange Wedges Milk Variety
6 Sweet & Sour Pinto Beans Fried Brown Rice Local Sautéed Zucchini & Onions Mixed Greens Salad Fresh Orange Milk Variety	7 Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Steamed Corn Diced Tomatoes Local Fresh Watermelon Milk Variety	8 Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Peach Milk Variety	9 BBQ Chicken Whole Grain Polenta Whole Wheat Roll Roasted Sweet Potatoes Braised Collard Greens Fresh Apple Milk Variety	10 All Beef Hot Dog on a Whole Wheat Bun BBQ Baked Beans Local Sautéed Yellow Squash Banana Milk Variety
13 Baked Mac & Cheese Tomato Basil Salad Sautéed Green Beans Fresh Orange Milk Variety	14 Beef & Cheese Tacos on Hard Shells with Lettuce and Tomato Pinto Beans Local Fresh Watermelon Milk Variety	15 Cajun Chicken Creole Louisiana Brown Rice Whole Wheat Roll Steamed Broccoli Local Steamed Corn Fresh Peach Milk Variety	16 Oven Roasted Turkey Whole Grain Biscuit Mashed Sweet Potatoes Braised Kale Fresh Apple Milk Variety	17 Fish Sticks Whole Wheat Roll Braised Cabbage Steamed Sweet Peas Banana Milk Variety
20 Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Cucumbers Fresh Orange Milk Variety	21 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Local Fresh Watermelon Milk Variety	22 Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Peach Milk Variety	23 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Apple Milk Variety	24 All Beef Cheeseburger on a Whole Wheat Bun Baked Beans Local Sliced Tomatoes Banana Milk Variety
27 Memorial Day No School	28 Beef & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Local Fresh Watermelon Milk Variety	29 Curried Chicken Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Peach Milk Variety	30 Turkey & Cheese Sandwich on a Whole Wheat Bun Southern Potato Salad Carrot Slaw Fresh Apple Milk Variety	31 Chicken Caesar Salad with Mixed Greens Whole Grain Flatbread Diced Tomatoes Banana Milk Variety

Homemade, healthy food made with love.

May Vegetarian K-3 Lunch



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Curried Chickpeas Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Apple Milk Varsity	2 Grilled Cheese Sandwich on Whole Wheat Bread Southern Potato Salad Carrot Slaw Banana Milk Varsity	3 Caesar Salad w/ Mozzarella with Mixed Greens Whole Grain Flatbread Diced Tomatoes Orange Wedges Milk Varsity
6 Sweet & Sour Pinto Beans Fried Brown Rice Local Sautéed Zucchini & Onions Mixed Greens Salad Fresh Orange Milk Varsity	7 Bean & Cheese Tacos in a Whole Wheat Tortilla Steamed Corn Diced Tomatoes Local Fresh Watermelon Milk Varsity	8 Cuban Style Picadillo Tofu Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Peach Milk Varsity	9 BBQ Tofu Whole Grain Polenta Whole Wheat Roll Roasted Sweet Potatoes Braised Collard Greens Fresh Apple Milk Varsity	10 Sunbutter & Jelly on Whole Wheat Bread BBQ Baked Beans Local Sautéed Yellow Squash Banana Milk Varsity
13 Baked Mac & Cheese Tomato Basil Salad Sautéed Green Beans Fresh Orange Milk Varsity	14 Bean & Cheese Tacos on Hard Shells with Lettuce and Tomato Pinto Beans Local Fresh Watermelon Milk Varsity	15 Cajun Tofu Bites Creole Louisiana Brown Rice Whole Wheat Roll Steamed Broccoli Local Steamed Corn Fresh Peach Milk Varsity	16 Stewed Lentils Whole Grain Biscuit Mashed Sweet Potatoes Braised Kale Fresh Apple Milk Varsity	17 Veggie Burger with Cheese on a Whole Wheat Bun Braised Cabbage Steamed Sweet Peas Banana Milk Varsity
20 Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Cucumbers Fresh Orange Milk Varsity	21 Veggie & Bean Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Local Fresh Watermelon Milk Varsity	22 Stewed Lentils Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Peach Milk Varsity	23 Cantonese Roast Chickpeas Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Apple Milk Varsity	24 Veggie Burger with Cheese on a Whole Wheat Bun Baked Beans Local Sliced Tomatoes Banana Milk Varsity
27 Memorial Day No School	28 Bean & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Local Fresh Watermelon Milk Varsity	29 Curried Chickpeas Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Peach Milk Varsity	30 Grilled Cheese Sandwich on Whole Wheat Bread Southern Potato Salad Carrot Slaw Fresh Apple Milk Varsity	31 Caesar Salad w/ Mozzarella with Mixed Greens Whole Grain Flatbread Diced Tomatoes Banana Milk Varsity

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May PreK Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Curried Chicken Brown Rice Steamed Cauliflower Sliced Apples Milk Variety	2 Turkey & Cheese Sandwich on a Whole Wheat Bun Southern Potato Salad Banana Milk Variety	3 Chicken Caesar Salad with Mixed Greens Whole Grain Flatbread Fresh Tangerine Milk Variety
6 Sweet & Sour Pinto Beans Fried Brown Rice Mixed Greens Salad Fresh Orange Slices Milk Variety	7 Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Steamed Corn Local Fresh Watermelon Milk Variety	8 Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Fresh Peach Milk Variety	9 BBQ Chicken Whole Grain Polenta Braised Collard Greens Sliced Apples Milk Variety	10 Sloppy Joe on a Whole Wheat Bun Local Sautéed Yellow Squash Banana Milk Variety
13 Baked Mac & Cheese Tomato Basil Salad Fresh Orange Slices Milk Variety	14 Beef & Cheese Tacos on Hard Shells with Lettuce and Tomato Local Fresh Watermelon Milk Variety	15 Cajun Chicken Creole Louisiana Brown Rice Steamed Broccoli Fresh Peach Milk Variety	16 Oven Roasted Turkey Whole Grain Biscuit Mashed Sweet Potatoes Sliced Apples Milk Variety	17 Fish Sticks Steamed Sweet Peas Banana Milk Variety
20 Cheese Pizza on Whole Grain Crust Sliced Cucumbers Fresh Orange Slices Milk Variety	21 Chicken Fajitas in a Whole Wheat Tortilla Sweet Plantains Peppers & Onions Local Fresh Watermelon Milk Variety	22 Oven Roasted Meatloaf Whole Grain Biscuit Mashed Potatoes Fresh Peach Milk Variety	23 Cantonese Roast Chicken Fried Brown Rice Sautéed Broccoli Sliced Apples Milk Variety	24 All Beef Cheeseburger on a Whole Wheat Bun Baked Beans Banana Milk Variety
27 Memorial Day No School	28 Beef & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Local Fresh Watermelon Milk Variety	29 Curried Chicken Brown Rice Steamed Cauliflower Fresh Peach Milk Variety	30 Turkey & Cheese Sandwich on a Whole Wheat Bun Carrot Slaw Sliced Apples Milk Variety	31 Chicken Caesar Salad with Mixed Greens Whole Grain Flatbread Banana Milk Variety

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May Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Cheese Sandwich on Whole Wheat Bread Sautéed Green Beans Fresh Pear Milk Varity	2 Jerk Chicken Brown Rice Sweet Plantains Applesauce Milk Varity	3 Baked Chicken Alfredo over Whole Wheat Pasta Sautéed Zucchini & Onions Banana Milk Varity
6 Chicken Nuggets Whole Wheat Roll Braised Collard Greens Banana Milk Varity	7 Sloppy Joe on a Whole Wheat Bun Steamed Broccoli Apple Juice Milk Varity	8 Lemon Pepper Chicken Farro Pilaf Steamed Sweet Peas Local Fresh Watermelon Milk Varity	9 Turkey Ham & Cheese on a Whole Wheat Bun Three Bean Salad Fresh Nectarine Milk Varity	10 Navy Bean Dip Whole Grain Flatbread Zucchini Sticks Applesauce
13 Veggie Burger with Cheese on a Whole Wheat Bun BBQ Baked Beans Banana Milk Varity	14 Chicken Salad Whole Wheat Crackers Sliced Cucumbers Apple Juice Milk Varity	15 Salisbury Steak with Gravy Whole Grain Cornbread Dressing Steamed Sweet Peas Local Fresh Watermelon Milk Varity	16 Roasted Chicken Drumstick Whole Wheat Roll Roasted Cauliflower Fresh Nectarine Milk Varity	17 Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Applesauce Milk Varity
20 Eagle Snack Pack with Turkey, Cheese & Crackers Dill Pickle Slices Banana Milk Varity	21 Tuna Salad Whole Wheat Roll Zucchini Sticks Apple Juice Milk Varity	22 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Corn Local Fresh Watermelon Milk Varity	23 Chef Salad w/ Turkey & Cheddar over Mixed Greens Whole Grain Flatbread Fresh Nectarine Milk Varity	24 Chicken & Cheese Quesadilla Warm Black Bean & Corn Salsa Applesauce Milk Varity
27 Memorial Day No School	28 Fish Sticks Whole Wheat Roll Steamed Corn Apple Juice Milk Varity	29 Grilled Cheese Sandwich on Whole Wheat Bread Sautéed Green Beans Fresh Pear Milk Varity	30 Jerk Chicken Brown Rice Sweet Plantains Applesauce Milk Varity	31 Baked Chicken Alfredo over Whole Wheat Pasta Sautéed Zucchini & Onions Banana Milk Varity

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