

May Citrus Free 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 Applesauce 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 Applesauce 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 Applesauce 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 Applesauce 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 Applesauce Skim or 1% Milk

May Citrus Free 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 Fresh Kiwi Milk Variety
6 Sweet & Sour Pinto Beans Fried Brown Rice Local Sautéed Zucchini & Onions Mixed Greens Salad Fresh Kiwi 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 Kiwi 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 Kiwi 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.

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

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