

December Citrus-Free Breakfast Menu



Eagle Academy Public Charter School

Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Wheat Bagel Cream Cheese Fresh Pear Skim or 1% Milk	4 Broccoli & Cheese Frittata Whole Grain Biscuit Fresh Apple Skim or 1% Milk	5 Assorted Cereal Yogurt Banana Skim or 1% Milk	6 Whole Grain Blueberry Muffin Low Fat Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk	7 Oatmeal with Dried Cranberries & Raisins Fresh Honeydew Wedge Skim or 1% Milk
10 Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	11 Scrambled Egg & Cheese on a Whole Grain Flatbread Fresh Apple Skim or 1% Milk	12 Assorted Cereal Yogurt Banana Skim or 1% Milk	13 Whole Grain Zucchini Bread Fresh Honeydew Wedge Skim or 1% Milk	14 Turkey Sausage Strata Fresh Honeydew Wedge Skim or 1% Milk
17 Whole Wheat English Muffin with Jelly Fresh Pear Skim or 1% Milk	18 Turkey Ham & Egg Bake Whole Wheat Roll Fresh Apple Skim or 1% Milk	19 Assorted Cereal Yogurt Banana Skim or 1% Milk	20 Whole Grain Banana Bread Fresh Honeydew Wedge Skim or 1% Milk	21 Potato & Cheese Frittata Whole Wheat Biscuit Fresh Honeydew Wedge Skim or 1% Milk
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School		28	29	30

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Mac & Cheese Stewed Lentils Roasted Brussel Sprouts Fresh Honeydew Wedge Milk Varity	4 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Pear Milk Varity	5 Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varity	6 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Banana Milk Varity	7 Baked Fish Sticks Whole Wheat Roll Braised Cabbage Roasted Butternut Squash Fresh Kiwi Milk Varity
10 Stewed Lentils Brown Rice Pilaf Roasted Cauliflower and Carrots Fresh Honeydew Wedge Milk Varity	11 Beef & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Varity	12 Chicken & Marinara Sauce over Pasta Mixed Greens Salad w/ Tomatoes Sautéed Zucchini Fresh Apple Milk Varity	13 Curried Chicken Brown Rice Whole Wheat Roll Steamed Carrots Roasted Chickpeas Fresh Banana Milk Varity	14 All Beef Hamburger on a Whole Wheat Bun Steamed Broccoli Roasted Sweet Potatoes Fresh Kiwi Milk Varity
17 Sweet & Sour Pinto Beans with Peppers Brown Rice Sautéed Green Beans Fresh Honeydew Wedge Milk Varity	18 Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varity	19 Brunch for Lunch Whole Grain Biscuit Turkey Sausage & Scrambled Eggs Roasted Breakfast Potatoes Creamed Spinach Fresh Apple Milk Varity	20 Cheese Pizza on Whole Grain Crust Roasted Acorn Squash Mixed Greens Salad w/ Italian Dressing Fresh Banana Milk Varity	21 Holiday Meal Oven Roasted Turkey Whole Wheat Roll Mashed Sweet Potatoes Steamed Sweet Peas Fresh Kiwi Milk Varity
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School		28	29	30

Homemade, healthy food made with love.

December Supper Menu



Eagle Academy Public Charter School

Congress Heights
Capitol Riverfront



*We do not serve citrus at supper.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hard-Boiled Egg & Yogurt Whole Wheat Roll Mixed Greens Salad w/ Cucumbers Apple Juice Milk Variety	4 Chef Salad w/ Turkey & Cheddar Whole Wheat Roll Fresh Honeydew Wedge Milk Variety	5 Lemon Pepper Chicken Brown Rice Steamed Corn Fresh Pear Milk Variety	6 Tuna Salad Whole Wheat Crackers Sliced Cucumbers Applesauce Milk Variety	7 Baked Chicken Alfredo over Whole Wheat Pasta Sautéed Green Beans Fresh Banana Milk Variety
10 Caesar Salad w/ Mozzarella over Mixed Greens Whole Grain Flatbread Apple Juice Milk Variety	11 BBQ Chicken Whole Wheat Roll Steamed Broccoli Fresh Honeydew Wedge Milk Variety	12 Chicken Salad on a Whole Wheat Bun Chilled Cauliflower Florets Fresh Pear Milk Variety	13 Turkey Ham & Cheese Sandwich on a Whole Wheat Bun Sweet Peas & Diced Onions Applesauce Milk Variety	14 Teriyaki Chicken Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
17 Hard-Boiled Egg & Yogurt Whole Wheat Roll Mixed Greens Salad w/ Cucumbers Apple Juice Milk Variety	18 Baked Pasta with Mozzarella over Whole Wheat Rotini Roasted Eggplant Fresh Honeydew Wedge Milk Variety	19 Jerk Chicken Brown Rice Sweet Plantains Fresh Pear Milk Variety	20 Hummus Whole Grain Flatbread Sliced Cucumbers Applesauce Milk Variety	21 All Beef Burger on a Whole Wheat Bun Steamed Broccoli Fresh Banana Milk Variety
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School		28	29	30

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