

January K-3 Breakfast Menu



Eagle Academy
Public Charter School
Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Assorted Cereal Yogurt Banana Skim or 1% Milk	3 Turkey Sausage on a Whole Wheat English Muffin Fresh Orange Wedges Skim or 1% Milk	4 Whole Grain Blueberry Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
7 Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	8 Scrambled Egg & Cheese on a Whole Grain Flatbread Fresh Apple Skim or 1% Milk	9 Assorted Cereal Yogurt Banana Skim or 1% Milk	10 Whole Grain Zucchini Bread Fresh Orange Wedges Skim or 1% Milk	11 Turkey Sausage Strata Fresh Honeydew Wedge Skim or 1% Milk
14 Whole Wheat English Muffin with Jelly Fresh Pear Skim or 1% Milk	15 Turkey Ham & Egg Bake Whole Wheat Roll Fresh Apple Skim or 1% Milk	16 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	17 Whole Grain Banana Bread Fresh Orange Wedges Skim or 1% Milk	18 Potato & Cheese Frittata Whole Wheat Biscuit Fresh Honeydew Wedge Skim or 1% Milk
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Assorted Cereal Yogurt Banana Skim or 1% Milk	24 Turkey Sausage on a Whole Wheat English Muffin Fresh Orange Wedges Skim or 1% Milk	25 Whole Grain Apple Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
28 Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	29 Potato & Cheese Frittata Whole Wheat Biscuit Fresh Apple Skim or 1% Milk	30 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	31 Whole Grain Banana Bread Fresh Orange Wedges Skim or 1% Milk	

Homemade, healthy food made with love.

January PreK Breakfast Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Assorted Cereal Banana Skim or 1% Milk	3 Turkey Sausage on a Whole Wheat English Muffin Fresh Orange Wedges Skim or 1% Milk	4 Whole Grain Blueberry Muffin Fresh Honeydew Wedge Skim or 1% Milk
7 Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	8 Scrambled Egg & Cheese on a Whole Grain Flatbread Fresh Apple Skim or 1% Milk	9 Assorted Cereal Banana Skim or 1% Milk	10 Whole Grain Zucchini Bread Fresh Orange Wedges Skim or 1% Milk	11 Turkey Sausage Strata Fresh Honeydew Wedge Skim or 1% Milk
14 Whole Wheat English Muffin with Jelly Fresh Pear Skim or 1% Milk	15 Turkey Ham & Egg Bake Fresh Apple Skim or 1% Milk	16 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	17 Whole Grain Banana Bread Fresh Orange Wedges Skim or 1% Milk	18 Potato & Cheese Frittata Fresh Honeydew Wedge Skim or 1% Milk
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Assorted Cereal Banana Skim or 1% Milk	24 Turkey Sausage on a Whole Wheat English Muffin Fresh Orange Wedges Skim or 1% Milk	25 Whole Grain Apple Muffin Fresh Honeydew Wedge Skim or 1% Milk
28 Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	29 Potato & Cheese Frittata Fresh Apple Skim or 1% Milk	30 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	31 Whole Grain Banana Bread Fresh Orange Wedges Skim or 1% Milk	

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January K-3 Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Grilled Cheese on Whole Wheat Bread Tomato Soup Steamed Broccoli Fresh Apple Milk Varsity	3 Cajun Chicken Creole Louisiana Brown Rice Rice Red Beans Mixed Greens Salad Fresh Banana Milk Varsity	4 Baked Fish Sticks Whole Wheat Roll Steamed Sweet Peas Braised Cabbage Orange Wedges Milk Varsity
7 Baked Mac & Cheese Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	8 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varsity	9 Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varsity	10 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Varsity	11 All Beef Cheeseburger on a Whole Wheat Bun Steamed Green Beans Roasted Sweet Potatoes Orange Wedges Milk Varsity
14 Veggie Burger on a Whole Wheat Bun Roasted Brussel Sprouts Oven Roasted Potatoes Fresh Honeydew Wedge Milk Varsity	15 Beef & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Varsity	16 Chicken & Marinara Sauce over Pasta Mixed Greens Salad w/ Tomatoes Sautéed Zucchini Fresh Apple Milk Varsity	17 Curried Chicken Brown Rice Whole Wheat Roll Steamed Carrots Roasted Chickpeas Fresh Banana Milk Varsity	18 Chicken Caesar Salad over Mixed Greens with Tomatoes Whole Wheat Roll Orange Wedges Milk Varsity
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Broccoli Roasted Sweet Potatoes Fresh Apple Milk Varsity	24 BBQ Chicken Whole Grain Cheddar Polenta Baked Beans Steamed Carrots Fresh Banana Milk Varsity	25 Baked Fish Sticks Brown Rice Whole Wheat Roll Steamed Sweet Peas Braised Cabbage Orange Wedges Milk Varsity
28 Curried Garbanzo Beans Brown Rice Sautéed Green Beans Roasted Eggplant Fresh Honeydew Wedge Milk Varsity	29 Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varsity	30 Whole Grain Biscuit Turkey Sausage & Scrambled Eggs Roasted Breakfast Potatoes Creamed Spinach Fresh Apple Milk Varsity	31 Oven Roasted Turkey Whole Wheat Roll Mashed Sweet Potatoes Steamed Sweet Peas Fresh Banana Milk Varsity	

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January Vegetarian K-3 Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Grilled Cheese on Whole Wheat Bread Tomato Soup Steamed Broccoli Fresh Apple Milk Varsity	3 Cajun Tofu Creole Louisiana Brown Rice Red Beans Mixed Greens Salad Fresh Banana Milk Varsity	4 Veggie Burger on a Whole Wheat Bun Steamed Sweet Peas Braised Cabbage Orange Wedges Milk Varsity
7 Baked Mac & Cheese Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	8 Bean & Cheese Tacos in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varsity	9 Stewed Lentils Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varsity	10 Cantonese Roast Chickpeas Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Varsity	11 Veggie Burger on a Whole Wheat Bun Steamed Green Beans Roasted Sweet Potatoes Orange Wedges Milk Varsity
14 Veggie Burger on a Whole Wheat Bun Roasted Brussel Sprouts Oven Roasted Potatoes Fresh Honeydew Wedge Milk Varsity	15 Bean & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Varsity	16 Baked Tofu & Marinara Sauce over Pasta Mixed Greens Salad w/ Tomatoes Sautéed Zucchini Fresh Apple Milk Varsity	17 Curried Chickpeas Brown Rice Whole Wheat Roll Steamed Carrots Roasted Chickpeas Fresh Banana Milk Varsity	18 Caesar Salad with Mozzarella over Mixed Greens with Tomatoes Whole Wheat Roll Orange Wedges Milk Varsity
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Veggie Burger on a Whole Wheat Bun Steamed Broccoli Roasted Sweet Potatoes Fresh Apple Milk Varsity	24 BBQ Tofu Whole Grain Cheddar Polenta Baked Beans Steamed Carrots Fresh Banana Milk Varsity	25 Grilled Cheese Sandwich on Whole Wheat Bread Steamed Sweet Peas Braised Cabbage Orange Wedges Milk Varsity
28 Curried Garbanzo Beans Brown Rice Sautéed Green Beans Roasted Eggplant Fresh Honeydew Wedge Milk Varsity	29 Bean & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varsity	30 Whole Grain Biscuit Veggie Sausage & Scrambled Eggs Roasted Breakfast Potatoes Creamed Spinach Fresh Apple Milk Varsity	31 BBQ Tofu Whole Wheat Roll Mashed Sweet Potatoes Steamed Sweet Peas Fresh Banana Milk Varsity	

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	1 New Year's Day No School	2 Grilled Cheese on Whole Wheat Bread Steamed Broccoli Fresh Apple Milk Varsity	3 Cajun Chicken Creole Louisiana Brown Rice Red Beans Fresh Banana Milk Varsity	4 Baked Fish Sticks Whole Wheat Roll Braised Cabbage Orange Wedges Milk Varsity
7 Baked Mac & Cheese Stewed Lentils Fresh Honeydew Wedge Milk Varsity	8 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varsity	9 Oven Roasted Meatloaf Whole Grain Biscuit Mashed Potatoes Fresh Apple Milk Varsity	10 Cantonese Roast Chicken Fried Brown Rice Sautéed Broccoli Fresh Banana Milk Varsity	11 All Beef Cheeseburger on a Whole Wheat Bun Steamed Green Beans Orange Wedges Milk Varsity
14 Veggie Burger on a Whole Wheat Bun Oven Roasted Potatoes Fresh Honeydew Wedge Milk Varsity	15 Beef & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Varsity	16 Chicken & Marinara Sauce over Pasta Sautéed Zucchini Fresh Apple Milk Varsity	17 Curried Chicken Brown Rice Steamed Carrots Fresh Banana Milk Varsity	18 Chicken Caesar Salad over Mixed Greens Whole Wheat Roll Orange Wedges Milk Varsity
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Broccoli Fresh Apple Milk Varsity	24 BBQ Chicken Whole Grain Cheddar Polenta Baked Beans Fresh Banana Milk Varsity	25 Baked Fish Sticks Whole Wheat Roll Steamed Sweet Peas Orange Wedges Milk Varsity
28 Curried Garbanzo Beans Brown Rice Sautéed Green Beans Fresh Honeydew Wedge Milk Varsity	29 Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varsity	30 Whole Grain Biscuit Turkey Sausage & Scrambled Eggs Roasted Breakfast Potatoes Fresh Apple Milk Varsity	31 Oven Roasted Turkey Whole Wheat Roll Mashed Sweet Potatoes Fresh Banana Milk Varsity	

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January Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Hard-Boiled Egg & Turkey Ham Whole Wheat Roll Mixed Greens Salad w/ Cucumbers Fresh Pear Milk Variety	3 Chicken Nuggets Whole Wheat Roll Sautéed Green Beans Applesauce Milk Variety	4 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Corn Fresh Banana Milk Variety
7 Caesar Salad w/ Mozzarella over Mixed Greens Whole Grain Flatbread Apple Juice Milk Variety	8 Turkey Ham & Cheese Sandwich on Whole Wheat Bread Three Bean Salad Fresh Honeydew Wedge Milk Variety	9 Lemon Pepper Chicken Brown Rice Steamed Corn Fresh Pear Milk Variety	10 Tuna Salad Whole Wheat Crackers Sliced Cucumbers Applesauce Milk Variety	11 Baked Chicken Alfredo over Whole Wheat Pasta Fired Roasted Tomatoes Fresh Banana Milk Variety
14 Chef Salad w/ Turkey & Cheddar Whole Wheat Roll Whole Grain Flatbread Apple Juice Milk Variety	15 BBQ Chicken on a Whole Wheat Bun Steamed Broccoli Fresh Honeydew Wedge Milk Variety	16 Roasted Chicken Drumstick Whole Grain Cornbread Dressing Roasted Cauliflower Fresh Pear Milk Variety	17 Salisbury Steak Whole Wheat Roll Mashed Potatoes Applesauce Milk Variety	18 Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Sunbutter Cup Whole Wheat Crackers Zucchini Sticks Fresh Pear Milk Variety	24 Chicken Nuggets Whole Wheat Roll Roasted Potatoes Applesauce Milk Variety	25 Tuna Salad on a Whole Wheat Bun Mixed Greens Salad Fresh Banana Milk Variety
28 Hard-Boiled Egg & Turkey Ham Whole Wheat Roll Mixed Greens Salad w/ Cucumbers Apple Juice Milk Variety	29 Baked Pasta with Mozzarella over Whole Wheat Rotini Roasted Eggplant Fresh Honeydew Wedge Milk Variety	30 Jerk Chicken Brown Rice Sweet Plantains Fresh Pear Milk Variety	31 Hummus Whole Grain Flatbread Sliced Cucumbers Applesauce Milk Variety	

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