

February K-3 Breakfast Menu



Eagle Academy
Public Charter School
Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Professional Development Day No School
4 Whole Wheat English Muffin with Jelly Fresh Pear Skim or 1% Milk	5 Scrambled Egg & Cheese on a Whole Grain Flatbread Fresh Apple Skim or 1% Milk	6 Assorted Cereal Yogurt Banana Skim or 1% Milk	7 Turkey Sausage & Egg on a Whole Wheat English Muffin Fresh Orange Wedges Skim or 1% Milk	8 Whole Wheat Bagel with Cream Cheese Fresh Honeydew Wedge Skim or 1% Milk
11 Whole Grain Zucchini Bread Fresh Pear Skim or 1% Milk	12 Chilaquiles Whole Wheat Tortilla Fresh Apple Skim or 1% Milk	13 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	14 Turkey Sausage Strata Fresh Orange Wedges Skim or 1% Milk	15 Whole Grain Apple Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
18 Mid-Winter Break No School	19 Mid-Winter Break No School	20 Mid-Winter Break No School	21 Mid-Winter Break No School	22 Mid-Winter Break No School
25 Assorted Cereal Yogurt Fresh Pear Skim or 1% Milk	26 Homemade French Toast with Syrup Fresh Apple Skim or 1% Milk	27 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	28 Broccoli & Cheddar Egg Bake Whole Wheat Roll Fresh Orange Wedges Skim or 1% Milk	

Homemade, healthy food made with love.

February PreK Breakfast Menu



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4 Whole Wheat English Muffin with Jelly Fresh Pear Skim or 1% Milk	5 Scrambled Egg & Cheese on a Whole Grain Flatbread Sliced Apples Skim or 1% Milk	6 Assorted Cereal Banana Skim or 1% Milk	7 Turkey Sausage & Egg on a Whole Wheat English Muffin Fresh Tangerine Skim or 1% Milk	8 Whole Wheat Bagel with Cream Cheese Fresh Honeydew Wedge Skim or 1% Milk
11 Whole Grain Zucchini Bread Fresh Pear Skim or 1% Milk	12 Chilaquiles Whole Wheat Tortilla Sliced Apples Skim or 1% Milk	13 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	14 Turkey Sausage Strata Fresh Tangerine Skim or 1% Milk	15 Whole Grain Apple Muffin Fresh Honeydew Wedge Skim or 1% Milk
18 Mid-Winter Break No School	19 Mid-Winter Break No School	20 Mid-Winter Break No School	21 Mid-Winter Break No School	22 Mid-Winter Break No School
25 Assorted Cereal Fresh Pear Skim or 1% Milk	26 Homemade French Toast with Syrup Sliced Apples Skim or 1% Milk	27 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	28 Broccoli & Cheddar Egg Bake Fresh Tangerine Skim or 1% Milk	

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4 Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup Steamed Broccoli Fresh Honeydew Wedge Milk Varsity	5 Hard Shell Beef & Cheese Tacos Steamed Corn Pinto Beans Fresh Pear Milk Varsity	6 Cajun Chicken Louisiana Brown Rice Red Beans Mixed Greens Salad Fresh Apple Milk Varsity	7 Oven Roasted Turkey Whole Grain Biscuit Mashed Sweet Potatoes Sautéed Green Beans Fresh Banana Milk Varsity	8 Baked Fish Sticks Whole Wheat Roll Braised Cabbage Steamed Sweet Peas Orange Wedges Milk Varsity
11 Baked Mac & Cheese Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	12 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varsity	13 Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varsity	14 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Varsity	15 All Beef Cheeseburger on a Whole Wheat Bun Baked Beans Roasted Sweet Potatoes Orange Wedges Milk Varsity
18 Mid-Winter Break No School	19 Mid-Winter Break No School	20 Mid-Winter Break No School	21 Mid-Winter Break No School	22 Mid-Winter Break No School
25 Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Diced Tomatoes Fresh Honeydew Wedge Milk Varsity	26 Chicken & Marinara Sauce over Pasta Steamed Broccoli Sautéed Zucchini & Peas Fresh Pear Milk Varsity	27 Turkey & Cheese Melt Roasted Yukon Gold Potatoes Sautéed Green Beans Fresh Apple Milk Varsity	28 Curried Chicken Brown Rice Roasted Chickpeas Steamed Cauliflower Fresh Banana Milk Varsity	

February Vegetarian K-3 Lunch Menu



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4 Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup Steamed Broccoli Fresh Honeydew Wedge Milk Varsity	5 Hard Shell Bean & Cheese Tacos Steamed Corn Pinto Beans Fresh Pear Milk Varsity	6 Cajun Tofu Bites Louisiana Brown Rice Red Beans Mixed Greens Salad Fresh Apple Milk Varsity	7 Grilled Cheese on Whole Wheat Bread Mashed Sweet Potatoes Sautéed Green Beans Fresh Banana Milk Varsity	8 BBQ Tofu Whole Wheat Roll Braised Cabbage Steamed Sweet Peas Orange Wedges Milk Varsity
11 Baked Mac & Cheese Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	12 Bean & Cheese Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varsity	13 Stewed Lentils Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varsity	14 Cantonese Roast Chickpeas Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Varsity	15 Veggie Burger on a Whole Wheat Bun Baked Beans Roasted Sweet Potatoes Orange Wedges Milk Varsity
18 Mid-Winter Break No School	19 Mid-Winter Break No School	20 Mid-Winter Break No School	21 Mid-Winter Break No School	22 Mid-Winter Break No School
25 Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Diced Tomatoes Fresh Honeydew Wedge Milk Varsity	26 Baked Tofu & Marinara Sauce over Pasta Steamed Broccoli Sautéed Zucchini & Peas Fresh Pear Milk Varsity	27 Grilled Cheese on Whole Wheat Bread Roasted Yukon Gold Potatoes Sautéed Green Beans Fresh Apple Milk Varsity	28 Curried Chickpeas Brown Rice Roasted Chickpeas Steamed Cauliflower Fresh Banana Milk Varsity	

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4 Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup Fresh Honeydew Wedge Milk Variety	5 Hard Shell Beef & Cheese Tacos Steamed Corn Pinto Beans Fresh Pear Milk Variety	6 Cajun Chicken Louisiana Brown Rice Red Beans Sliced Apples Milk Variety	7 Oven Roasted Turkey Whole Grain Biscuit Mashed Sweet Potatoes Fresh Banana Milk Variety	8 Baked Fish Sticks Steamed Sweet Peas Fresh Tangerine Milk Variety
11 Baked Mac & Cheese Stewed Lentils Fresh Honeydew Wedge Milk Variety	12 Chicken Fajitas Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Variety	13 Oven Roasted Meatloaf Whole Grain Biscuit Mashed Potatoes Sliced Apples Milk Variety	14 Cantonese Roast Chicken Fried Brown Rice Sautéed Broccoli Fresh Banana Milk Variety	15 All Beef Cheeseburger on a Whole Wheat Bun Roasted Sweet Potatoes Fresh Tangerine Milk Variety
18 Mid-Winter Break No School	19 Mid-Winter Break No School	20 Mid-Winter Break No School	21 Mid-Winter Break No School	22 Mid-Winter Break No School
25 Cheese Pizza on Whole Grain Crust Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	26 Chicken & Marinara Sauce over Pasta Sautéed Zucchini & Peas Fresh Pear Milk Variety	27 Turkey & Cheese Melt Roasted Yukon Gold Potatoes Sliced Apples Milk Variety	28 Curried Chicken Brown Rice Steamed Cauliflower Fresh Banana Milk Variety	

February Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 Caesar Salad w/ Mozzarella and Chickpeas over Mixed Greens Whole Grain Flatbread Apple Juice Milk Variety	5 Tuna Salad Whole Wheat Crackers Sliced Cucumbers Fresh Honeydew Wedge Milk Variety	6 Lemon Pepper Chicken Farro Pilaf Steamed Corn Fresh Pear Milk Variety	7 Turkey Ham & Cheese on a Whole Wheat Bun Three Bean Salad Applesauce Milk Variety	8 All Beef Burger on a Whole Wheat Bun Steamed Broccoli Fresh Banana Milk Variety
11 Chef Salad w/ Turkey & Cheddar over Mixed Greens Whole Grain Flatbread Apple Juice Milk Variety	12 BBQ Chicken on a Whole Wheat Bun Steamed Broccoli Fresh Honeydew Wedge Milk Variety	13 Roasted Chicken Drumstick Whole Grain Cornbread Dressing Roasted Cauliflower Fresh Pear Milk Variety	14 Salisbury Steak Whole Wheat Roll Roasted Yukon Gold Potatoes Applesauce Milk Variety	15 Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
18 Mid-Winter Break No School	19 Mid-Winter Break No School	20 Mid-Winter Break No School	21 Mid-Winter Break No School	22 Mid-Winter Break No School
25 Chicken Nuggets Whole Wheat Roll Braised Collard Greens Apple Juice Milk Variety	26 Tuna Salad on a Whole Wheat Bun Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	27 Jerk Chicken Brown Rice Sweet Plantains Fresh Pear Milk Variety	28 Sunbutter Cup Whole Wheat Crackers Zucchini Sticks Applesauce Milk Variety	

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