



SHCS Eagle Café

2010-2011

Main Course

HOT LUNCH STUDENTS K-8	3.00
<i>Entrée, 2 servings fruit/veggies, milk or OJ</i>	
SALAD BAR STUDENTS 1-8	3.00
<i>Salad bar, sandwich of choice, milk or OJ</i>	
STAFF/VISITOR LUNCH	4.00
<i>Entrée, side salad, fruit/veggie, water or milk or OJ</i>	
EAGLE LUNCH	4.00
<i>Outside Vendor Entrée (ex. Chic-fil-a), 2 servings fruit/veggies, milk or OJ</i>	
ENTRÉE ONLY	2.25
SALAD ONLY	2.25

Drinks

MILK	0.75
<i>Skim, 2%, Lowfat Chocolate</i>	
100% ORANGE JUICE	0.75
BOTTLED WATER	1.00
<i>0.5L Plain or ...Flavored Water</i>	
100% JUICE BOXES	0.75
<i>Apple, Berry, etc.</i>	
FRUIT FREEZE	0.75
<i>100% Juice</i>	

A La Carte

SANDWICH	2.00
<i>Ham & Cheese, Turkey & Cheese, Peanut Butter & Jelly Uncrustable</i>	
BAKED OR LOWFAT CHIPS	0.75
<i>Plain, Spicy Sweet Doritos, Cheetos, Cool Ranch Doritos, Nacho Doritos, etc.</i>	
SNACKS OR DESSERT OPTIONS	1.00
<i>Fruit by the foot, 100 Calorie Packs, Single Poptart, Rice Krispy Treat, etc</i>	
HEALTHY CHOICES	0.75
<i>Yogurt, String Cheese, Fresh Fruit, Nutrigrain Bar, Reduced Fat Muffin, etc.</i>	
REDUCED SUGAR CEREAL	1.00
<i>Golden Grahams, Fruit Loops, Cinnamon Toast Crunch, Frosted Flakes</i>	
SMALL ICE CREAM	0.50
<i>Single Popsicle, Brown Cow Jr., Strawberry Yogurt</i>	
REGULAR ICE CREAM	0.75
<i>Lowfat Chocolate/Vanilla Cup, Lowfat Ice Cream Sandwich, Cream Bar, Lowfat Push Up, Lowfat Fudge Bar, etc.</i>	
SPECIALTY ICE CREAM	1.00
<i>Sundae Cone, Chocolate Ice Cream Sandwich, etc.</i>	