

April 2017

EAST HADDAM ELEMENTARY SCHOOL

LUNCH



East Haddam Elementary School

Lunch Menu: \$2.85
Reduced price: \$0.40

ALT LUNCHES OFFERED:
Bagel and yogurt and cheese stick or
Choice of Deli Sandwich
Both offered with veggies and fruit



Kale

Nutrition Tip: Kale is low in calories, high in fiber, iron, Vitamins A&K and has zero fat. It is filled with powerful antioxidants and is a great anti-inflammatory food. Kale chips are seasoned and baked to make the leaves crisp.



Monday

Baseball Season Begins!
Bats (Mozzarella Sticks)
with Marinara Dipping
Sauce **3**
Baked Kale chips
Fruit choices

Tuesday

Seasoned Turkey Taco **4**
Meat and Shredded Cheese
with Nacho chips
Salsa, Tossed Green Salad
Fruit Choices

Wednesday

Pasta with Marinara **5**
Sauce
Steamed Cauliflower
Fruit choices
LUCKY TRAY DAY!!!

Thursday

Chicken Patty on **6**
a whole grain bun
Roasted Carrots
Fruit choices

Friday

Mexican Cheese Quesadilla **7**
Pizza with Salsa Dip
Corn and Black Bean Salad
Fruit choices

VACATION **10**

VACATION **11**

VACATION **12**

VACATION **13**

VACATION **14**

Cheeseburger on Bun **17**
Baked Potato Wedges

Fruit Choices

Baked Chicken Nuggets **18**
Spinach and Strawberry Salad
Corn Muffin

Fruit choices

Pasta and Meatballs in **19**
Marinara Sauce
Tossed veggie salad

Fruit choices

Pancakes and Sausages **20**
Warm Apple Slices
Potato Tots

Fruit Choices

Homemade Cheese Pizza **21**
Italian Seasoned Roasted
Chickpeas

Fruit choices

Take me out to the Ball Park **24**
Hot Dogs on a bun
Baked Kale Chips
Baked Beans
Fruit Choices

Crispy Chicken Patty on bun **25**
Shredded Romaine
Corn Niblets
Fruit choices

Macaroni and Cheese **26**
Tossed salad
Corn Muffin
Fruit choices
LUCKY TRAY DAY!!!

Waffles and Sausages **27**
Warm Blueberry Sauce
Sweet Potato Wedges
Fruit choices

ARBOR DAY **28**
French Bread Pizza
Broccoli Trees (steamed)
Fruit choices

Fruit choices include both fresh and canned fruits in fruit juice
100% Fruit juice offered once a week



Vegetables are seasoned with salt free seasonings, using canola oil when roasting.

All schools offer fresh Veggie cups to encourage all students to take a veggie!!



Menu subject to change
This institution is an equal opportunity provider

