

\*\*MENU SUBJECT TO CHANGE

Lunch Menu: \$3.10 Reduced Price: \$0.40

# May 2017 NATHAN HALE RAY HIGH SCHOOL

Add \$ to a student's account @ [mypaymentsplus.com](http://mypaymentsplus.com) using Student ID # or send Check payable to East Haddam School Lunch

## LUNCH

**Daily Alternate Lunches:**  
*Salad Bar, Deli Bar, Hamburger, Chicken Nuggets, Pizza*



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

**EAST HADDAM PS IS AN EQUAL OPPORTUNITY EMPLOYER**



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**1**  
Homemade Bosco Sticks  
With Marinara Sauce  
Italian Green Beans  
Fresh Veggie Choices  
Fruit choices

**2**  
Grilled Chicken on Ciabatta  
Roll with Lettuce and Tomato  
Roasted Carrots  
Fresh Veggie Choices  
Fruit Choices

**3**  
Ziti with Meatballs in  
Marinara Sauce  
Steamed Broccoli with Parmesan  
Fresh Veggie Choices  
Fruit choices

**4**  
Spicy Chicken Tender  
Salad  
Sweet Potato Waffle Fries  
Veggie Choices  
Fruit choices

**5**  
**CINCO DE MAYO!**  
Chicken and Cheese Quesadilla  
with Homemade Salsa  
Fiesta Black Bean Salad  
Veggie Choices  
Fruit choices

**8**  
Mozzarella Sticks with  
Marinara Sauce  
Spinach Strawberry Salad  
Garlic Bread Stick  
Fresh Veggie Choices  
Fruit choices

**9**  
Buffalo Chicken Sandwich  
Baked Potato Wedges  
Fresh Veggie Choices  
Fruit choices

**10**  
Meatball Grinder with  
Marinara Sauce and  
Mozzarella Cheese  
Roasted Italian Chickpeas  
Fresh Veggie Choices  
Fruit Choices

**11**  
General Tso's Chicken  
Rice Bowl  
Broccoli  
Fresh Veggie Choices  
Fruit Choices

**12**  
Grilled Cheese Sandwich  
With Tomato Soup  
Fresh Veggie Choices  
Fruit choices

**15**  
Ham and Cheese Panini  
Baked Kale Chips  
Baked Beans  
Fresh Veggie Choices  
Fruit Choices

**16**  
Turkey or Tuna Grinders  
with Lettuce and Tomato  
Corn Niblets  
Fresh Veggie Choices  
Fruit choices

**17**  
Macaroni and Cheese  
Tomato and Pepper Salad  
Steamed Zucchini  
Fresh Veggie Choices  
Fruit choices

**18**  
Cheese Burger  
Sweet Potato Wedges  
Fresh Veggie Choices  
Fruit choices

**19**  
BBQ Chicken Sandwich  
Broccoli Trees and Hummus  
Fresh veggie Choices  
Fruit choices

**22**  
Grilled Chicken Spinach and  
Strawberry Salad  
Garlic Bread Stick  
Fresh Veggie Choices  
Fruit choices

**23**  
**TACO TUESDAY!!!**  
Taco Salad Tub with Turkey  
Taco Meat, Shredded Cheese,  
Tomatoes and Lettuce  
Fresh Veggie Choices  
Fruit choices

**24**  
Yogurt Parfait with Muffin  
Sweet Potato Fries  
Fresh Veggie Choices  
Fruit choices

**25**  
Chicken Drumstick and Biscuit  
Baked Beans  
Steamed Broccoli  
Fresh Veggie Choices  
Fruit Choices

**26**  
Chicken Fajitas  
Mexican Corn Salad  
Fresh Veggie Choices  
Fruit Choices

**29**  
**MEMORIAL DAY – REMEMBER  
OUR VETERANS TODAY!**

**30**  
Mini Ravioli in Marinara  
Sauce  
Steamy Fresh Green Beans  
Fresh Veggie Choices  
Fruit choices

**31**  
Popcorn Chicken Bowl with  
Mashed Potatoes  
Steamed Broccoli  
Fresh Veggie Choices  
Fruit Choices

