

**MENU SUBJECT TO CHANGE

May 2017 NATHAN HALE RAY MIDDLE SCHOOL

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

Add \$ to a student's account @ mypayments plus.com using Student ID # or send Check payable to East Haddam School Lunch

LUNCH

**Daily Alternate Lunches:
Salad Bar, Deli Bar, Chicken
Patty Sandwich, 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

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

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

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

22
Chicken Caesar Salad
Garlic Bread Stick
Fresh Veggie Choices
Fruit choices

29
MEMORIAL DAY – REMEMBER
OUR VETERANS TODAY!

Tuesday

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

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

16
Turkey or Tuna Grinders
with Lettuce and Tomato
Corn Niblets
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

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

Wednesday

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

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

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

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

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

Thursday

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

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

18
Cheese Burger
Sweet Potato Wedges
Fresh Veggie Choices
Fruit choices

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

Questions: Contact Jen
Bove, Nutrition Services
Director,
jen.bove@easthaddamschools.org

Friday

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

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

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

26
Chicken Fajitas
Mexican Corn Salad
Fresh Veggie Choices
Fruit Choices

