

East Haddam Elementary School Menu for April

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

**Menu subject to change

Our Harvest of the Month is Cruciferous Vegetables

What are Cruciferous Vegetables? Vegetables such as broccoli, cauliflower, cabbage, kale and Brussels sprouts that are rich in Sulphur—containing compounds called glucosinolates. These compounds act as anti-inflammatory and antioxidant agents and may play a role in disease and cancer prevention. They are some of the healthiest veggies you can put on your plate, and yet most Americans don't eat a lot of them.

Most kids don't like these veggies because they can have a bitter taste. Roasting or pan searing them brings out their natural sweetness and makes them much more appealing. Adding a little bacon and maple syrup to Brussels sprouts or melting parmesan or cheddar cheese on top of broccoli or cauliflower will tempt even the pickiest eaters.

Meatless Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
Mini Raviolis in Mama's Marinara Sauce Fresh Bread Garlic Breadstick Roasted Garlic-Parmesan Cauliflower Fresh Fruit and Veggies	"Nacho Average Nachos" Sassy Salsa Salad Fresh Fruit and Veggie Choices	Yummy Chicken Drummy Buttermilk Biscuit Tornado Potatoes Tiny Tree Top Broccoli Fresh Fruit and Veggie Choices	King Neptune Fish Nuggets Delicious Dinner Roll Roasted Chick Peas Fresh Fruit and Veggie Choices	Homemade Pizza Selections Ragin' Red Salad Fresh Fruit and Veggie Choices
Meatless Monday, April 9 Fabulous French Toast Sticks Yummy Yogurt Petite Potato Puffs Fresh Fruit and Veggie Choices	Travel Tuesday, April 10 Mama's Marvelous Meatballs and Pasta Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Wednesday, April 11 All American Cheeseburger Confetti Salad Fresh Fruit and Veggie Choices	Thursday, April 12 Crispy Chicken Tenders Sweet Potato Waffle Fries Blazin' Baked Beans Fresh Fruit and Veggie Choices	Friday, April 13 Double Stuffed Crust Pizza Italian Carrot Fries Fresh Fruit and Veggie Choices
Meatless Monday, April 16 Spring Break	Travel Tuesday, April 17 Spring Break	Wednesday, April 18 Spring Break	Thursday, April 19 Spring Break	Friday, April 20 Spring Break
Roasted Garlic Parmesan Cauliflower Place cauliflower florets onto foil-covered baking sheet. Drizzle with Extra Virgin Olive Oil and season with garlic powder and sea salt. Roast in a 400 degree oven for 10 minutes, turn florets over and continue roasting for 10 more minutes. Sprinkle with Parmesan cheese and return to oven for 2 minutes to melt.		Easy Cheesy Broccoli Place broccoli florets and 1 TBSP water in a microwave dish with a lid. Cover and microwave on high for 4-5 minutes. Sprinkle with shredded cheddar and microwave for an additional 30		Roasted Cabbage Slice head of cabbage in half and each half into 4 wedges. Place on foil-covered baking sheet and rub extra virgin olive oil into the top and sides of the wedges. Sprinkle with Sea Salt and Pepper and Roast for 10—15 minutes until tops begin to turn golden. Drizzle with balsamic vinegar and serve.
Meatless Monday, April 23 Cheesy Pizza Bagel Bites Lean Mean Green Beans Fresh Fruit and Veggie Choices	Tuesday, April 24 Taco Tuesday—Taco Salad Mexican Corn Salad Fresh Fruit and Veggie Choices	Wednesday, April 25 BBQ Chicken Bites Easy Cheesy Broccoli Fresh Fruit and Veggie Choices	Thursday, April 26 Wonderful Waffles and Sizzlin' Sausages Sweet Potato Smiles Fresh Fruit and Veggie Choices	Friday, April 27 Homemade Pizza Selections Chillin' Chick Pea Salad Italian Tomatoes Fresh Fruit and Veggie Choices
Meatless Monday, April 30 Magnificent Macaroni And Cheese Tummy Tempting Tomato Salad Fresh Fruits and Veggies Choices	Lunch Menu = \$2.85 Reduced Price = \$0.40 Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30	Alternative Selections Offered Daily: Twisted Cheesy Breadstick with Marinara Sauce Bagel, Yogurt, Cheese Stick Deli Sandwich Choices SunButter Sandwich with Cheese Stick		1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50

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