

# Our Harvest of the Month is Beets!!!

Beets can't be beat for good nutrition!

Have you heard the hype about beets? Beets are very high in natural nitrates which may enhance athletic performance, so they have been getting a lot of positive press lately. But beets have also been shown to help with circulation issues and may improve high blood pressure and protect against age associated dementias. They are also high in Vitamin C and fiber and are one of the few vegetables packed with phytonutrients that do not lose any of their antioxidant power when cooked.

## TIPS FOR GETTING KIDS TO EAT BEETS.

Beets are naturally sweet and temptingly pretty so it may not be as hard as you think to get your kids to try them!

- Shave raw beets on top of a salad for a pretty pink crunch.
- Roast Beets, Dice and serve with Craisins on top of a salad, or mix with yogurt—the kids will love the color and the sweetness.
- Mix with Berries in a smoothie.

# East Haddam Elementary School Menu for February 2019

Questions? Contact Jen Bove, Nutrition Services Director, at [jenbove@easthaddamschools.org](mailto:jenbove@easthaddamschools.org)

**\*\*Menu subject to change**

<p><b>Alternative Selections Offered Daily:</b>  <b>NEW: Make Your Own Pizza Bento Box</b>  <b>Breakfast for Lunch Bento Box</b>          WG Deli Sandwich Choices          WG SunButter Sandwich with Cheese Stick</p>	<p><b>Make Your Own Pizza Bento Box:</b>  <b>Whole Grain Flat Breads, Pepperoni, Shredded Mozzarella, Marinara Sauce and Fruit</b>  <b>Breakfast for Lunch:</b>  <b>WG Bagel with SunButter, Yogurt and Fruit</b></p>	<p><b>Lunch Menu = \$2.85</b>  <b>Reduced Price = \$0.40</b>  <b>Breakfast Served Daily</b>  <b>Full Pay = \$1.60</b>  <b>Reduced Price = \$0.30</b></p>	<p><b>1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50</b></p>	<p><b>Friday, Feb 1</b>          Homemade Pizza Selections          Cool as Cucumber Sticks          Fresh Fruit and Veggie Choices</p>
<p><b>Meatless Monday, Feb 4</b>          Magnificent Macaroni and Cheese          Zippy Zucchini Tomato Bake          Fresh Fruit and Veggie Choices</p>	<p><b>Travel Tuesday, Feb 5</b>          Stuffed Cheesy Breadsticks with Mama's Marinara Sauce          Power Punch Parmesan Broccoli          Fresh Fruit and Veggie Choices</p>	<p><b>Wednesday, Feb 6</b>          Wonderful Waffles and Sizzlin' Sausage          (Optional) Beet Berry Syrup          Petite Potato Puffs          Fresh Fruit and Veggie</p>	<p><b>Thursday, Feb 7</b>          Totally Terrific Tenders          Blazin' Baked Beans          Sweet Potato Sticks          Fresh Fruit and Veggie Choices</p>	<p><b>Friday, Feb 8</b>          Homemade Pizza Selections          Crazy Crunchy Carrots          Fresh Fruit and Veggie Choices</p>
<p><b>Meatless Monday, Feb 11</b>          Ooey Goey Grilled Cheese Sandwich          Terrific Tomato Soup          Rip Roarin' Romaine Salad with Roasted Beets          Fruit and Veggie Choices</p>	<p><b>Travel Tuesday, Feb 12</b>          "Nacho Average Nachos"          Fiesta Black Beans          Fresh Fruit and Veggie Choices</p>	<p><b>Wednesday, Feb 13</b>          All American Cheeseburger          Tornado Potatoes          Fresh Fruit and Veggie Choices</p>	<p><b>Thursday, Feb 14</b>          Heart Shaped Chicken Nuggets          "Sweet"heart Fries          Crazy Crunchy Carrots          My Heart Beets For You Parfait Sampler</p>	<p><b>Friday, Feb 15</b>          Stuffed Crust Pizza Selections          Pizza Green Beans          Fresh Fruit and Veggie Choices</p>
<p><b>Happy President's Day—No School!</b>  <b>Easy Roasted Beets</b>          Preheat oven to 400°F          Cut off tops and scrub          Wrap in aluminum foil and roast 40—60 minutes until fork slides in easily          Once beets cool slightly, rub them under running water with a paper towel and skin will come right off</p>		<p><b>Wednesday, Feb 20</b>          Power Pancakes and Sizzlin' Sausage          Sweet Potato Smiles          Fresh Fruit and Veggie Choices</p>	<p><b>Thursday, Feb 21</b>          Popular Popcorn Chicken          All-American Roasted Potatoes          Blazin' Baked Beans          Fresh Fruit and Veggie Choices</p>	<p><b>Friday, Feb 22</b>          Homemade Pizza Selections          Cool as Cucumber Sticks          Fresh Fruit and Veggie Choices</p>
<p><b>Meatless Monday, Feb 25</b>          Fabulous French Toast Sticks          Protein Power Parfait          Petite Potato Puffs          Fruit and Veggie Choices</p>	<p><b>Travel Tuesday, Feb 26</b>          "Nacho Average Nachos"          Sassy Salsa Salad          Fresh Fruit and Veggie Choices</p>	<p><b>Wednesday, Feb 27</b>          Yummy Chicken Drummy          Warm Buttermilk Biscuit          Tiny Tree Top Broccoli          Fruit and Veggie Choices</p>	<p><b>Thursday, Feb 28</b>          "Go Fish" Basket          Spinach Salad with Shaved Beets and Craisins          Chilin Chickpea Salad          Fruit and Veggie Choices</p>	<p><b>My Heart Beets for You Smoothie</b>          1/2 cup Greek Yogurt          1 cup blueberries          1 small roasted beet - peeled and diced          1/4 cup pineapple juice          1-2 tsp honey          Blend in high-powered blender until smooth</p>

ADD \$ TO A STUDENT'S ACCOUNT AT [mypaymentsplus.com](http://mypaymentsplus.com) USING STUDENT ID# OR MAKE CHECK PAYABLE TO EAST HADDAM SCHOOL LUNCH

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