

East Haddam Elementary School Menu for February 2018

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

**Menu subject to change

Our Harvest of the Month is POTATOES

Potatoes are starchy vegetables that are sometimes called spuds. Every kid loves French fried potatoes, however there are many healthier ways to prepare them, including baking, roasting, boiling and even microwaving. All varieties of potatoes are nutritious and contain important vitamins and minerals such as Potassium, Vitamin C, Vitamin B6 and fiber.

Cinnamon Sweet Potato Bites

- 4 sweet potatoes
- 2 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup olive oil

1. Simply peel and cut potatoes into 1 inch cubes, then place in roasting pan.
2. Drizzle with olive oil, cinnamon and salt, toss for even coating.
3. Roast for 20 minutes at 400F.

				Thursday, February 1	Friday, February 2
Lunch Menu = \$2.85 Reduced Price = \$0.40		Alternative Selections Offered Daily: NEW—Twisted Cheesy Breadstick with Marinara Sauce Soft Pretzel, Yogurt, Cheese Stick Deli Sandwich Choices SunButter Sandwich with Cheese Stick		Tater-Topped Egg Bake Melt in your Mouth Muffin Fresh Fruit and Veggie Choices	Homemade Pizza Selections Spinach and Citrus Salad Fresh Fruit and Veggie Choices
Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30					
Super Bowl Mania Monday, February 5	Travel Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9	
NFL Gnarly Nacho Bar Pick-Your-Own Touchdown Toppings Super Bowl Salsa Salad Fresh Fruit and Veggie Choices	Cheesy Chicken Quesadillas Fiesta Black Beans Crazy Corn Fresh Fruit and Veggie Choices	Mega Meatball Grinder Sweet Potato Smiles Fresh Fruit and Veggie Choices	Crispy Chicken Nuggets Corn Muffins Zucchini Chips Fresh Fruit and Veggie Choices	Happy National Pizza Day! Fresh Pizza from Local New England Pizzeria Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	
Meatless Monday, February 12	Travel Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16	
Oooey Gooney Grilled Cheese Sandwich Terrific Tomato Soup Fresh Fruit and Veggie Choices	Lasagna Roll-Ups Terrific Tossed Salad Delicious Dinner Roll Fresh Fruit and Veggie Choices	Cupid's Popcorn Chicken Pretty Pink Mashed Potatoes Cute-cumber Sticks Apple Chip Hearts Strawberry Milk available	Power Pancakes and Sausage Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Homemade Pizza Selections Three Bean Salad Fresh Fruit and Veggie Choices	
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23	
	February Recess 		King Neptune Fish Nuggets Corn Muffins Tiny Tree Top Broccoli Fresh Fruit and Veggie Choices	Homemade Pizza Selections Ragin' Red Salad Fresh Fruit and Veggie Choices	
Dr. Seuss Monday, February 26	Dr. Seuss Tuesday, February 27	Dr. Seuss Wednesday, February 28			
Fox in Socks French Toast Sticks Cat in The Hat Parfaits Who-Hash Cheesy Potato Puffs Fresh Fruit and Veggie Choices	Marvin K Mooney's Meatballs and Pasta Truffula Tree Broccoli Fresh Fruit and Veggie Choices Barbaloot Teddy Grahams	Whacky Wednesday Cheeseburger Grinchy Green Salad The Cat's Tomato and Mozzarella Hat Fresh Fruit and Veggie Choices	1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50		
				Introducing Sal's Pizza for National Pizza Day!! Sal's Pizza is a family owned restaurant in New England & their fresh pizzas with whole-grain-rich crusts are made with the finest quality ingredients!	

ADD \$ TO A STUDENT'S ACCOUNT AT mypaymentsplus.com USING STUDENT ID#
OR MAKE CHECK PAYABLE TO EAST HADDAM SCHOOL LUNCH

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