

# East Haddam Elementary School Menu for January 2018

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

\*\*Menu subject to change

## Our Harvest of the Month is CITRUS FRUIT

It's that time of year when fresh fruits and veggies are hard to come by, but fresh citrus fruits are plentiful because this is their harvest season. There are tons of exciting varieties of citrus out there, so this winter, try something new. Two great options are Tangelos—which are a cross between Grapefruit and Mandarin Oranges—and Cara Cara Oranges—which are incredibly sweet and juicy!

### Creamsicle Smoothie

- 1 frozen ripe banana peeled and sliced
- 1/2 cup orange juice
- 3/4 cup vanilla Greek yogurt
- 1 orange or 1/2 cup mandarin oranges
- Optional = 1 tsp vanilla extract

Blend in a powerful blender until smooth, 2 to 3 minutes

	Travel Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
Lunch Menu = \$2.85 Reduced Price = \$0.40	"Nacho Average Nachos"	Popcorn Chicken All-American Roasted Potatoes	Fabulous French Toast and Sausage	Homemade Pizza Selections
Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30	Sassy Salsa Salad Fresh Fruit and Veggie Choices	Cool Carrot Salad Fresh Fruit and Veggie Choices	Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Rip-Roaring Romaine Salad Fresh Fruit and Veggie Choices
Meatless Monday, January 8	Travel Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Mini Raviolis in Mama's Marinara Sauce Fresh Baked Garlic Breadstick Italian Roasted Green Beans and Carrots Fresh Fruit and Veggie Choices	Grilled Chicken Caesar Salad Roasted Sweet Potato Wedges Delicious Dinner Roll Fresh Fruit and Veggie Choices	Yummy Chicken Drummy Buttermilk Biscuit Creamy Mashed Potatoes Fresh Fruit and Veggie Choices	King Neptune Fish Nuggets Corn Muffin Roasted Chick Peas Fresh Fruit and Veggie Choices	Homemade Pizza Selections Citrus Spinach Salad Fresh Fruit and Veggie Choices
Meatless Monday, January 15	Travel Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	Mama's Marvelous Meatballs and Pasta Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	All American Cheeseburger Pucker Up Lemon Cucumber Salad Fresh Fruit and Veggie Choices	Crispy Chicken Tenders Blazin' Baked Beans Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Homemade Pizza Selections Italian Carrot Fries Fresh Fruit and Veggie Choices
Meatless Monday, January 22	Travel Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Cheesy Pizza Bagel Bites Lean Mean Green Beans Fresh Fruit and Veggie Choices	Taco Tuesday—Taco Salad Mexican Corn Salad Fresh Fruit and Veggie Choices	BBQ Chicken Bites Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Wonderful Waffles and Sausage Sweet Potato Smiles Grapefruit Grins Fresh Fruit and Veggie Choices	Homemade Pizza Selections Chillin' Chick Pea Salad Fresh Fruit and Veggie Choices
Meatless Monday, January 29	Travel Tuesday, January 30	Wednesday, January 31	Alternative Selections Offered Daily:	
Magnificent Macaroni and Cheese Tummy Tempting Tomato Salad Fresh Fruit and Veggie Choices	Beef and Broccoli Rad Rice Orange Glazed Carrots Fresh Fruit and Veggie Choices	Crispy Chicken Sandwich with Lettuce and Tomato Blazin' Baked Beans Parmesan Zucchini Fresh Fruit and Veggie Choices	Bagel, Yogurt, Cheese Stick Deli Sandwich Choices SunButter Sandwich with Cheese Stick Deli Salads	
			1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50	

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