

East Haddam Elementary School Menu for March 2018

Questions? Contact Jen Bove, Nutrition Services Director, at jen.bove@easthaddamschools.org **Menu subject to change

Please be aware that due to delivery problems caused by Winter Storm Elsa, our menu for the week of 3/12 has been adjusted. Changes are noted in Red. In addition, Deli and SunButter Sandwiches will be the only alternatives available for Monday, March 12th through Wednesday March 14th. We will do our best to stick with the menu listed below, but unforeseen circumstances may necessitate additional changes. We apologize for the inconvenience and thank you for your understanding!

<p>Lunch Menu = \$2.85 Reduced Price = \$0.40</p> <p>Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30</p>	<p>Alternative Selections Offered Daily - Twisted Cheesy Breadstick with Marinara Sauce—AFTER 3/14 New—Whole Wheat Soft Pretzel, Yogurt, Cheese Stick—AFTER 3/14 Deli Sandwich Choices SunButter Sandwich with Cheese Stick</p>			<p>1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50</p>
<p>Meatless Monday, March 12</p> <p>Oooey Goopy Grilled Cheese Sandwich</p> <p>Terrific Tomato Soup or Tomato Salad</p> <p>Fresh Fruit and Veggie</p>	<p>Travel Tuesday, March 13</p> <p>BBQ Chicken Bites</p> <p>Italian Carrot Fries.</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Wednesday, March 14</p> <p>Crispy Chicken Sandwich</p> <p>Blazin' Baked Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Thursday, March 15</p> <p>Waffle or French Toast sticks (depending on availability).</p> <p>Sizzlin' Sausage</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Friday, March 16</p> <p>Pizza Selections</p> <p>Spinach and Citrus Salad</p> <p>Fresh Fruit and Veggie Choices</p>
<p>Monday, March 19</p> <p>Lucky Shamrock Chicken Nuggets</p> <p>Lucky Leafy Lettuce Cups</p> <p>Pot O' Gold Corn</p> <p>Rainbow of Fresh Fruits and Veggies</p>	<p>Tuesday, March 20</p> <p>Cheesy Chicken Quesadillas</p> <p>Fiesta Black Beans</p> <p>Caliente Carrots</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Wednesday, March 21</p> <p>Mega Meatball Grinder</p> <p>Sweet Potato Waffles Fries</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Thursday, March 22</p> <p>March Madness Macaroni and Cheese</p> <p>Tasty Tomato Slices</p> <p>Zucchini Chips</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Friday, March 23</p> <p>Homemade Pizza Selections</p> <p>Rip Roarin' Romaine Salad</p> <p>Fresh Fruit and Veggie Choices</p>
<p>Meatless Monday, March 26</p> <p>Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce</p> <p>Tiny Tree Top Broccoli</p> <p>Fresh Fruit and Veggie</p>	<p>Travel Tuesday, March 27</p> <p>Chicken Caesar Salad</p> <p>Delicious Dinner Roll</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Wednesday, March 28</p> <p>Power Pancakes and Sausages</p> <p>Sweet Potato Smiles</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Thursday, March 29</p> <p>Popular Popcorn Chicken</p> <p>All American Roasted Potatoes</p> <p>Krazy Kale Craisin Salad</p> <p>Fresh Fruit and Veggie Choices</p>	

Our Harvest of the Month is Leafy Greens

Dark leafy greens such as spinach, kale and swiss chard are some of the first early spring vegetables to pop out of the ground.

These cold hardy vegetables are packed with vitamins C, K and A, as well as Folate and Fiber.

Healthy Shamrock Shakes

- 1/2 cup vanilla Greek yogurt
- 3/4 cup milk
- 1 very ripe Banana
- 1 cup loosely packed fresh spinach or kale
- 4 mint leaves
- Optional = 1 TBSP Maple Syrup

Puree in blender until smooth.

Green leafy vegetables may be one of the best cancer-fighting foods due to their high levels of phytonutrients. Studies have shown that eating 2 – 3 servings of leafy greens per week may reduce the risk of stomach, breast and skin cancer.