

Our Harvest of the Month is Peas

Eating a ½ cup of peas – cooked or fresh – will give you lots of different vitamins and minerals that your body needs to grow healthy and strong. Peas have lots of vitamin K to help build strong bones, and are a good way to get fiber, vitamin A, and vitamin C!

Having a hard time getting your kids to eat peas? Buy them at the farmer’s market still in the shell and let your kids pop them out of the shell and right into their mouth—fun and tasty!

Pistachio Pea Pesto

- 1 cup frozen peas (thawed)
- 1/4 cup shelled pistachios
- 4-5 Tablespoons olive oil
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 2 Tablespoons parmesan cheese

Combine ingredients and blend on high until smooth. Serve on pizza, pasta, chicken, or as vegetable dip!

1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50

East Haddam Elementary School Menu for May 2018

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

**Menu subject to change

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| <p>Lunch Menu = \$2.85 Reduced Price = \$0.40</p> <p>Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30</p> | <p>Tuesday, May 1 Lip-Smacking Good Lasagna Roll Up Fresh Baked Garlic Breadstick Italian Carrots Fries Fresh Fruit and Veggie Choices</p> | <p>Wednesday, May 2 Crispy Chicken Sandwich Blazin’ Baked Beans Roasted Power Peas Fresh Fruit and Veggie Choices</p> | <p>Thursday, May 3 Philly Cheesesteak Grinder Philadelphia Fries Fresh Fruit and Veggie Choices</p> | <p>Friday, May 4 Homemade Pizza Selections Spinach and citrus Salad Fresh Fruit and Veggie Choices</p> |
| <p>Meatless Monday, May 7 Wonderful Waffles Yummy Yogurt Tornado Potatoes Fresh Fruit and Veggie Choices</p> | <p>Travel Tuesday, May 8 Cheesy Chicken Quesadillas Fiesta Black Beans Sassy Salsa Salad Fresh Fruit and Veggie Choices</p> | <p>Wednesday, May 9 Mega Meatball Grinder Sweet Potato Waffle Fries “Mint-to-Be” Spring Peas Fresh Fruit and Veggie Choices</p> | <p>Thursday, May 10 Cluckin’ Nuggets with Sassy Sauces Corn Muffins Zucchini Chips Fresh Fruit and Veggies</p> | <p>Friday, May 11 Homemade Pizza Selections Rip Roarin’ Romaine Salad Fresh Fruit and Veggie Choices</p> |
| <p>Meatless Monday, May 14 Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce Tiny Tree Top Broccoli Fresh Fruit and Veggie Choices</p> | <p>Travel Tuesday, May 15 Chicken Caesar Salad Roasted Chick Peas Delicious Dinner Roll Fresh Fruit and Veggie Choices</p> | <p>Wednesday, May 16 Power Pancakes and Sizzlin’ Sausage Roasted Sweet Potato Fries Fresh Fruit and Veggie Choices</p> | <p>Thursday, May 17 Popular Popcorn Chicken All-American Roasted Potatoes Crunchy Carrot Fries Fresh Fruit and Veggie Choices</p> | <p>Friday, May 18 Stuffed Crust Pizza Spring Sweet Pea Salad Fresh Fruit and Veggie Choices</p> |
| <p>Meatless Monday, May 21 Mini Raviolis in Mama’s Marinara Sauce Fresh Baked Garlic Breadstick Roasted Cauliflower Fresh Fruit and Veggie Choices</p> | <p>Tuesday, May 22 “Nacho Average Nachos” Sassy Salsa Salad Fresh Fruit and Veggie Choices</p> | <p>Wednesday, May 23 Yummy Chicken Drummy Buttermilk Biscuit Lemony Parmesan Peas Tiny Tree Top Broccoli Fresh Fruit and Veggie Choices</p> | <p>Thursday, May 24 King Neptune Fish Nuggets Delicious Diner Roll Blazin’ Baked Beans Fresh Fruit and Veggie Choices</p> | <p>Friday, May 25 Homemade Pizza Selections Ragin’ Red Salad Fresh Fruit and Veggie Choices</p> |
|  | <p>Tuesday, May 29 Mama’s Marvelous Meatballs and Pasta Power Punch Parmesan Broccoli. Fresh Fruit and Veggie Choices</p> | <p>Wednesday, May 30 Fabulous French Toast Sticks Sizzlin’ Sausage Petite Potato Puffs Fresh Fruit and Veggies</p> | <p>Thursday, May 31 All American Cheeseburger Confetti Salad. Fresh Fruit and Veggie Choices</p> | <p>Alternative Selections Offered Daily: Twisted Cheesy Breadstick with Marinara Sauce Whole Wheat Pretzel, Yogurt, Cheese Stick, Deli Sandwich Choices and Sun Butter Sandwich with Cheese Stick.</p> |

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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