

East Haddam Elementary School Menu for November 2018

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

****Menu subject to change**

Our Harvest of the Month is Cranberries!!

Did you know that Cranberries are:

- * High in Vitamin C
- * High in Fiber
- * Packed with Phytonutrients and Antioxidants that may help suppress certain types of cancer growth and protect against Alzheimer

Crazy Craisin Monkey Roll-ups

- Spread 2 tablespoons peanut butter or sunbutter on an 8" whole grain tortilla.
- Slice a banana in half vertically and place it on the tortilla and sprinkle with 2 tablespoons dried cranberries.
- Roll up and slice in half to serve.

For an extra spike of Vitamin C and fiber, throw dried cranberries on salads, in yogurt, in cereal and in trail mix. Or just throw them in lunch boxes as a tasty snack!

<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: NEW: Deli Roll Bento Box NEW: Vegetarian Power Dippers Bento Box Deli Sandwich Choices Sun Butter Sandwich with Cheese Stick</p>	<p><u>Deli Rolls :</u> Cheese Stick wrapped with Turkey, Dinner Roll, Whole Grain Goldfish and Fruit</p> <p><u>Vegetarian Power Dippers:</u> Whole Grain Soft Pretzel, Carrot Sticks, SunButter and a Cheese Stick</p>	<p>Thursday, Nov 1</p> <p>Power Pancakes and Sizzlin' Sausage</p> <p>All American Roasted Potatoes</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Friday, Nov 2</p> <p>Homemade Pizza Selections</p> <p>Cool as a Cucumber Sticks</p> <p>Fresh Fruit and Veggie Choices</p>
<p style="text-align: center;">NO SCHOOL</p> 	<p>Travel Tuesday, Nov 5</p> <p>Nacho Average Nachos"</p> <p>Sassy Salsa Salad</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Wednesday, Nov 7</p> <p>Fabulous French Toast Sticks</p> <p>Craisin Parfait</p> <p>Petite Potato Puffs</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Thursday, Nov 8</p> <p>"Go Fish" Basket</p> <p>Confetti Salad</p> <p>Chillin' Chick Pea Salad with Dried Cranberries</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Veteran's Day Celebration</p> <p>Officers' Oven Fried Chicken</p> <p>Warm Buttermilk Biscuit Salute-your-Troops Salad</p> <p>All-American Roasted Potatoes</p> <p>Fruit and Veggie Choices</p>
<p>Meatless Monday, Nov 12</p> <p>Pizza Bagel Bites</p> <p>Italian Tomatoes</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Travel Tuesday, Nov 13</p> <p>Taco Tuesday — Taco Salad</p> <p>Fiesta Black Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Wednesday, Nov 14</p> <p>Power Pancakes and Sizzlin' Sausage</p> <p>Sweet Potato Smiles</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Thanksgiving Thursday, Nov 15</p> <p>Roast Turkey</p> <p>Creamy Mashed Potatoes and Gravy</p> <p>Bold Broccoli</p> <p>Cranberry Sauce</p> <p>Delicious WG Dinner Roll</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Friday, Nov 16</p> <p>Homemade Pizza Selections</p> <p>Cool as a Cucumber Sticks</p> <p>Fresh Fruit and Veggie Choices</p>
<p>Meatless Monday, Nov 19</p> <p>Magnificent Macaroni And Cheese</p> <p>Zippy Zucchini Tomato Bake</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Travel Tuesday, Nov 20</p> <p>Wonderful Waffles and Sizzlin' Sausage</p> <p>Petite Potato Puffs</p> <p>Fresh Fruit and Veggie Choices</p>	<p style="text-align: center;">Happy Thanksgiving!!!!</p> <p style="text-align: center;"><u>Fresh Cranberry Orange Relish</u></p> <ul style="list-style-type: none"> • 1 unpeeled orange cut into eighths and seeded • 1 12-ounce package fresh cranberries • 3/4 cup sugar <p style="text-align: center;">Place orange slices and cranberries in a food processor and process until evenly chopped. Stir in sugar and store in refrigerator or freezer.</p>		
<p>Meatless Monday, Nov 26</p> <p>Ooey Goey Grilled Cheese Sandwich</p> <p>Terrific Tomato Soup</p> <p>Roasted Cauliflower</p> <p>Fruit and Veggie Choices</p>	<p>Travel Tuesday, Nov 27</p> <p>Nacho Average Nachos"</p> <p>Fiesta Black Beans</p> <p>Fruit and Veggie Choices</p>	<p>Wednesday, Nov 28</p> <p>All-American Cheeseburger</p> <p>Sweet Potato Waffle Fires</p> <p>Fruit and Veggie Choices</p>	<p>Thursday, Nov 29</p> <p>Cluckin' Nuggets</p> <p>Cranberry Glazed Carrots</p> <p>Tornado Potatoes</p> <p>Fruit and Veggie Choices</p>	<p>Friday, Nov 30</p> <p>Stuffed Crust Pizza</p> <p>Rip Roarin' Romaine Salad</p> <p>Fruit and Veggie Choices</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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