

East Haddam Elementary School Menu for November 2017

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 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 Alzheimers

Cranberry Chicken Salad

- ◆ Microwave 1/2 cup Cranberries with 2 Tbsp water until berries pop—3 to 5 minutes
- ◆ After cooled, mix with 1/4 cup Greek yogurt, 1/4 cup mayo, 1 Tbsp Dijon mustard and 1 Tbsp lemon juice.
- ◆ Toss with 3 cups chopped cooked chicken
- ◆ Mix with 1/2 cup dried cranberries, 1/2 cup walnuts, 1/2 cup chopped celery and 1/4 cup chopped red onions
- ◆ Season with salt and pepper

		Wednesday, November 1	Thursday, November 2	Friday, November 3
Lunch Menu = \$2.85 Reduced Price = \$0.40	Alternative Selections Offered Daily: <i>Bagel, Yogurt, Cheese Stick</i> <i>Deli Sandwich Choices</i> <i>SunButter Sandwich with Cheese Stick</i> <i>Deli Salads</i>	Power Pancakes and Sausage	Crispy Chicken Nuggets Corn Muffin	Homemade Pizza Selections
Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30		Sweet Potato Waffle Fries	Pucker-up Sour Cucumbers	Rip-Roaring Romaine Salad with Craisins
		Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices
Meatless Monday, November 6	Travel Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce Crisp Green Beans with Craisins Fresh Fruit and Veggie Choices	NO SCHOOL 	Patriotic Popcorn Chicken All-American Roasted Potatoes Blazin' Baked Veggie Fresh Fruit and Veggie Choices	Terrific Tater-Topped Breakfast Bake Melt-in-your-Mouth Muffin Fresh Fruit and Veggie Choices	Veterans' Day Luncheon Chicken Parmesan Proud to be an American Pasta Spinach Salad with Fresh Berries Fresh Fruit and Veggie Choices
Meatless Monday, November 13	Travel Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
Mini Raviolis in Mama's Marinara Sauce Roasted Cauliflower Fresh Fruit and Veggie Choices	"Nacho Average Nachos" with Tortilla Chips, Taco Meat, Cheese and Salsa Sassy Salsa Salad Fresh Fruit and Veggie Choices	Wonderful Waffles and Sausage Warm Cranberry Pears Sweet Potato Smiles Fresh Fruit and Veggie Choices	Yummy Chicken Drummy Buttermilk Biscuit Creamy Mashed Potatoes Tiny Tree Top Broccoli Fresh Fruit and Veggie Choices	Homemade Pizza Selections Chillin' Chick Pea Salad Fresh Fruit and Veggie Choices
Meatless Monday, November 20	Travel Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
Cheese Lasagna Roll-Ups Colorful Confetti Salad Fresh Fruit and Veggie Choices	Thanksgiving Feast Roasted Turkey Breast with Gravy Creamy Mashed Potatoes Honeyed Green Beans Cranberry Sauce Delicious Dinner Roll Fresh Fruit and Veggie Choices	NO SCHOOL 	 <i>Happy Thanksgiving!</i> <i>To You And Your Family</i>	Frosted Cranberries Simmer 1/3 cup sugar and 1/3 cup water in a shallow pan until sugar dissolves. Place 2 cups Cranberries in pan and stir. Transfer Cranberries to a wire rack with a slotted spoon and allow to dry for an hour. Roll berries around in a cup of granulated sugar and allow to dry on rack for another hour.
Meatless Monday, November 27	Travel Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
Fabulous French Toast Sticks Crazy Craisin Yogurt Tornado Potatoes Fresh Fruit and Veggie Choices	Orange Glazed Chicken Rad Rice Bold Broccoli Fresh Fruit and Veggie Choices	Crispy Chicken Tenders Blazin' Baked Beans Rockin' Roasted Carrots Fresh Fruit and Veggie Choices	Cheesy Meatball Grinder Tummy Tempting Tomato Salad Fresh Fruit and Veggie Choices	1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50

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