

Our Harvest of the Month is APPLES!!

We will be featuring Regionally Grown Apples this month in our Cafeteria.

Do your children often forget to brush their teeth regularly? Did you know that apples are a natural mouth freshener? Some research has shown that certain polyphenols found in apples may reduce the activity of bacteria in your mouth. Apples have been shown to be particularly effective against fighting "garlic breath"!

Eat your apples with the skin on! Not only does the skin contain a good amount of fiber, but almost 50% of the Vitamin C in apples is found just under the skin.

WE SERVE LOCAL MILK FROM GUIDA'S!

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

Lunch Menu = \$2.85
Reduced Price = \$0.40

Breakfast Served Daily
Full Pay = \$1.60
Reduced Price = \$0.30

East Haddam Elementary School Menu for October 2018

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

****Menu subject to change**

Meatless Monday, Oct 1 Fabulous French Toast Sticks Protein Power Parfait Petite Potato Puffs Fresh Fruit and Veggie Choices	Travel Tuesday, Oct 2 "Nacho Average Nachos" Sassy Salsa Salad Fresh Fruit and Veggie Choices	Wednesday, Oct 3 Yummy Chicken Drummy Buttermilk Biscuit Spinach Salad with Apples Fruit and Veggie Choices	Thursday, Oct 4 "Go Fish" Basket Confetti Salad Chilin' Chick Pea Salad Fresh Fruit and Veggie Choices	Friday, Oct 5 Homemade Pizza Selections Crazy Crunchy Carrots Fresh Fruit and Veggie Choices
COLUMBUS DAY 	Go Apple Picking! Visit pickyourown.org/Ct.htm to find local apple picking farms	Wednesday, Oct 10 Crispy Chicken Sandwich Spinach and Citrus Salad Wacky Waffle Fries Fresh Fruit and Veggie Choices	Thursday, Oct 11 Power Pancakes and Sizzlin' Sausage Apple Chips Sweet Potato Smiles Fresh Fruit and Veggie Choices	Friday, Oct 12 Homemade Pizza Selections Cool as a Cucumber Sticks Fresh Fruit and Veggie Choices
Meatless Monday, Oct 15 Magnificent Macaroni And Cheese Zippy Zucchini Tomato Bake Fresh Fruit and Veggie Choices	Travel Tuesday, Oct 16 Stuffed Cheesy Breadsticks with Mama's Marinara Sauce Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Wednesday, Oct 17 Wonderful Waffles and Sizzlin' Sausage Warm Baked Apples Petite Potato Puffs Fresh Fruit and Veggie Choices	Thursday, Oct 18 Totally Terrific Tenders Blazin' Baked Beans Sweet Potato Sticks Fresh Fruit and Veggie Choices	Friday, Oct 19 Homemade Pizza Selections Crazy Crunchy Carrots Fresh Fruit and Veggie Choices
Meatless Monday, Oct 22 Oooey Goopy Grilled Cheese Sandwich Terrific Tomato Soup Roasted Cauliflower Fresh Fruit and Veggie Choices	Travel Tuesday, Oct 23 "Nacho Average Nachos" Fiesta Black Beans Fresh Fruit and Veggie Choices	Wednesday, Oct 24 All American Cheeseburger Sweet Potato Waffle Fries Apple Jack-O-Lanterns Fresh Fruit and Veggie Choices	Thursday, Oct 25 Cluckin' Nuggets Pizza Green Beans Tornado Potatoes Fresh Fruit and Veggie Choices	Friday, Oct 26 Stuffed Crust Pizza Selections Rip Roarin' Romaine Salad Fresh Fruit and Veggie Choices
Meatless Monday, Oct 29 Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce Crunchy Carrot Fries Fruit And Veggie Choices	Travel Tuesday, Oct 30 Super Mega Meatball Grinder Italian Salad Chilin' Chickpea Salad Fruit and Veggie Choices	Wednesday, Oct 31 Frightfully Good Halloween Chicken Nuggets Sweet Potato Grins Apple Monster Mouths Fruit and Veggie Choices	Alternative Selections Offered Daily: Deli Sandwich Choices Sun Butter Sandwich with Cheese Stick NEW: Fabulous Finger Food Bento Box NEW: Breakfast for Lunch Bento Box	Fabulous Finger Food: Turkey and Cheese Cubes, Pretzel Goldfish, Whole Grain Graham Crackers and Fruit Breakfast for Lunch: Bagel, SunButter, Yogurt and Fruit

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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