

Our Harvest of the Month is Cabbage

Cabbage is a type of cruciferous vegetable, along with broccoli, cauliflower, kale, bok choy, arugula, Brussels sprouts, collards, watercress and radishes. Cruciferous vegetables are nutritionally-packed, and contain high amounts of folate and vitamin K, which is essential to healthy blood clotting and bone metabolism. Cabbage contains phytonutrients, which can help to fight inflammation and lower the risks of developing cancer.

Roasted Cabbage Wedges with Balsamic

- 1/2 Green Cabbage head cored and cut into 4 wedges
- 2 TBSP Olive Oil
- 2 TBSP Balsamic Vinegar
- Salt and Pepper to taste

Brush wedges on both sides with olive oil and roast in preheated 450 degree oven until golden brown. (about 15 minutes) Remove and drizzle with Balsamic vinegar.

Use other half of cabbage in coleslaw or sprinkled in salads or tacos or on sandwiches for an extra healthy crunch.

East Haddam Elementary School Menu for September 2019

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

*Menu subject to change

*All Bread is Whole Grain

<p>Alternative Selections Offered Daily: Deli Sandwich Choices SunButter Sandwich with Cheese Stick "It's a Wrap" Bento box Pretzel Gobbler Bento Box</p>		<p>Wednesday, Aug 28 Popular Popcorn Chicken with a Mini Muffin Sweet Potato Sticks Blazin' Baked Beans Fruit and Veggie Choices</p>	<p>Thursday, Aug 29 "Nacho Average Nachos" Mix It Up Mexican Salad Fresh Fruit and Veggie Choices</p>	<p>Friday, Aug 30 Homemade Pizza Selections Cool as a Cucumber Sticks Fruit and Veggie Choices</p>	
	<p>Travel Tuesday, Sep 3 Southern Chicken BBQ Chicken Tenders with BBQ Sauce Macaroni and Cheese Wacky Waffle Fries Fruit and Veggie Choices</p>	<p>Wednesday, Sep 4 Power Pancakes and Sizzlin' Sausage Criss-Cross Sweet Potatoes Fruit and Veggie Choices</p>	<p>Thursday, Sep 5 Pasta and Meatballs Tasty Tuscan Tomatoes Lemon Garlic Cabbage Sauté Fruit and Veggie Choices</p>	<p>Friday, Sep 6 Homemade Pizza Selections Cool as a Cucumber Sticks Fruit and Veggie Choices</p>	
	<p>Meatless Monday, Sep 9 Cheesy Pizza Bites Zippy Zucchini Chips Fresh Fruit and Veggie Choices</p>	<p>Travel Tuesday, Sep 10 "Nacho Average Nachos" Fiesta Black Beans Caliente Corn Fruit and Veggie Choices</p>	<p>Wednesday, Sep 11 Totally Terrific Tenders Power Punch Parmesan Broccoli Rockin' Roasted Cabbage Fruit and Veggie Choices</p>	<p>Thursday, Sep 12 Wonderful Waffles and Sizzlin' Sausage Sweet Potato Sticks Fresh Fruit and Veggie Choices</p>	<p>Friday, Sep 13 Homemade Pizza Selections Crazy Crunchy Carrots Fruit and Veggie Choices</p>
	<p>Meatless Monday, Sep 16 Ooey Goopy Grilled Cheese Sandwich Terrific Tomato Soup Tornado Potatoes Fruit and Veggie Choices</p>	<p>Travel Tuesday, Sep 17 Taco Tuesday—Taco Salad Fiesta Black Beans Fresh Fruit and Veggie Choices</p>	<p>Wednesday, Sep 18 Power Pancakes and Sausage Sweet Potato Waffle Fries Fruit and Veggie Choices</p>	<p>Thursday, Sep 19 Land and Sea Lunch Cluckin' Nuggets and WG Goldfish Crispy Cole Slaw Crispy Carrot Fries Fruit and Veggie Choices</p>	<p>Friday, Sep 20 Stuffed Crust Pizza Rip Roarin' Romaine Salad Fruit and Veggie Choices</p>
<p>NO SCHOOL </p>	<p>Travel Tuesday, Sep 24 Marvelous Mozzarella Sticks and Breaded Cheesy Raviolis with Mouthwatering Marinara Sauce Cabbage Crunch Salad Fruit and Veggie Choices</p>	<p>Wednesday, Sep 25 "Nacho Average Nachos" Mix It Up Mexican Salad Fresh Fruit and Veggie Choices</p>	<p>Thursday, Sep 26 Fabulous French Toast Sticks Protein Power Parfait Sweet Potato Sticks Fruit and Veggie Choices</p>	<p>Friday, Sep 27 Homemade Pizza Selections Cool as a Cucumber Sticks Fruit and Veggie Choices</p>	
<p>Meatless Monday, Sep 30 Mini Pizza Bagels Tasty Tuscan Tomatoes Fresh Fruit and Veggie Choices</p>	<p>Pretzel Gobbler Bento Box = WG Soft Pretzel, Turkey Roll-up, Fruit It's a Wrap Bento = WG Turkey and Cheese Wrap, WG Goldfish, Fruit</p>	<p>1% White Milk or Fat-Free Chocolate Milk available with all menu options or sold separately for \$0.50</p>	<p>Lunch Menu = \$3.00 Reduced Price = \$0.40 Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30</p>		

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