

# Our Harvest of the Month is Tomatoes

Besides being juicy and delicious, tomatoes are a good source of vitamins A and C. Vitamin A is very important in skin, eye and bone health. Vitamin C is needed for healing and is a powerful antioxidant that boosts the immune system.

## NEW—BENTO BOX ALTERNATIVES

Fresh-made boxed lunches containing whole grain items, lean proteins and a fruit or veggie. Students may select additional fruits and veggies, and milk is available with all meal choices.

**“Lettuce Eat Salad” Bento Box:**  
Chef salad with whole grain goldfish.

**Pretzel Gobbler Bento Box:**  
Whole grain soft pretzel with sliced turkey and fruit

1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately

# East Haddam Elementary School Menu for September 2018

Questions? Contact Jen Bove, Nutrition Services Director, at [jen.bove@easthaddamschools.org](mailto:jen.bove@easthaddamschools.org)

**\*\*Menu subject to change**

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| <p><b>Lunch Menu = \$2.85</b><br/><b>Reduced Price = \$0.40</b></p> <p><b>Breakfast Served Daily</b><br/><b>Full Pay = \$1.60</b><br/><b>Reduced Price = \$0.30</b></p> | <p><b>Alternative Selections Offered Daily:</b><br/><b>NEW: “Lettuce Eat Salad” Bento Box</b><br/><b>NEW: Pretzel Gobbler Bento Box</b><br/><b>Deli Sandwich Choices</b><br/><b>Sunbutter Sandwich and Cheese Stick</b></p> | <p><b>Wednesday, Aug 29</b><br/>Yummy Chicken Drummy<br/>Buttermilk Biscuit<br/>Tiny Tree Top Broccoli<br/>Fresh Fruit and Veggie Choices</p>     | <p><b>Thursday, Aug 30</b><br/>“Go Fish” Basket<br/>Sweet Potato Waffle Fries<br/>Fresh Fruit and Veggies Choices</p>                           | <p><b>Friday, Aug 31</b><br/>Homemade Pizza Selections<br/>Crazy Crunchy Carrots<br/>Fresh Fruit and Veggie Choices</p>                |
|    | <p><b>Travel Tuesday, Sept 4</b><br/>Taco Tuesday —Taco Salad<br/><br/><b>Sassy Salsa Salad</b><br/>Fresh Fruit and Veggie Choices</p>  | <p><b>Wednesday, Sept 5</b><br/>Crispy Chicken Sandwich<br/>Spinach and Berry Salad<br/>Wacky Waffle Fries<br/>Fresh Fruit and Veggie Choices</p> | <p><b>Thursday, Sept 6</b><br/>Power Pancakes and Sizzlin’ Sausage<br/>Sweet Potato Smiles<br/>Fresh Fruit and Veggie Choices</p>               | <p><b>Friday, Sept 7</b><br/>Homemade Pizza Selections<br/><b>Irresistible Italian Tomatoes</b><br/>Fresh Fruit and Veggie Choices</p> |
| <p><b>Meatless Monday, Sept 10</b><br/>Magnificent Macaroni And Cheese<br/>Italian Roasted Carrots<br/>Fresh Fruit and Veggie Choices</p>                               | <p><b>Travel Tuesday, Sept 11</b><br/>Mama’s Marvelous Meatballs and Pasta<br/>Power Punch Parmesan Broccoli<br/>Fresh Baked Cheesy Garlic Breadsticks<br/>Fresh Fruit and Veggie Choices</p>                               | <p><b>Wednesday, Sept 12</b><br/>Wonderful Waffles and Sizzlin’ Sausage<br/>Petite Potato Puffs<br/>Fresh Fruit and Veggie Choices</p>            | <p><b>Thursday, Sept 13</b><br/>Totally Terrific Tenders<br/>Blazin’ Baked Beans<br/>Sweet Potato Sticks<br/>Fresh Fruit and Veggie Choices</p> | <p><b>Friday, Sept 14</b><br/>Homemade Pizza Selections<br/><b>Pizza Green Beans</b><br/>Fresh Fruit and Veggie Choices</p>            |
| <p><b>Meatless Monday, Sept 17</b><br/>Ooey Goey Grilled Cheese Sandwich<br/><b>Terrific Tomato Soup</b><br/>Fresh Fruit and Veggie Choices</p>                         | <p><b>Travel Tuesday, Sept 18</b><br/>Nacho Average Nachos<br/>Fiesta Black Beans<br/>Fresh Fruit and Veggie Choices</p>  | <p><b>Wednesday, Sept 19</b><br/>All American Cheeseburger<br/>Sweet Potato Waffle Fries<br/>Fresh Fruit and Veggie</p>                           | <p><b>Thursday, Sept 20</b><br/>Cluckin’ Nuggets<br/>Zucchini Chips<br/>Tornado Potatoes<br/>Fresh Fruit and Veggie Choices</p>                 | <p><b>Friday, Sept 21</b><br/>Stuffed Crust Pizza Selections<br/>Rip Roarin’ Romaine Salad<br/>Fresh Fruit and Veggie Choices</p>      |
| <p><b>Meatless Monday, Sept 24</b><br/>Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce<br/><b>Tomato Zucchini Parmesan</b><br/>Fresh Fruit and Veggie</p> | <p><b>Travel Tuesday, Sept. 25</b><br/>Mega Meatball Grinder<br/>Easy Cheesy Broccoli<br/>Fresh Fruit and Veggie Choices</p>  | <p><b>Wednesday, Sept. 26</b><br/>Power Pancakes and Sizzlin’ Sausage<br/>Sweet Potato Smiles<br/>Fresh Fruit and Veggie Choices</p>              | <p><b>Thursday, Sept. 27</b><br/>Popular Popcorn Chicken<br/>All- American Roasted Potatoes<br/>Baked Beans<br/>Fresh Fruit and Veggies</p>     | <p><b>Friday, Sept.28</b><br/>Homemade Pizza Selections<br/>Crunchy Carrots Fries<br/>Fresh Fruit and Veggie Choices</p>               |

ADD \$ TO A STUDENT’S ACCOUNT AT [mypaymentsplus.com](http://mypaymentsplus.com) USING STUDENT ID# OR MAKE CHECK PAYABLE TO EAST HADDAM SCHOOL LUNCH

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