

East Haddam Elementary School Menu for September

Great Things are Happening in the Cafeteria!!

More Variety, Local Produce, and More Emphasis on Plant-Based Foods

- **Meatless Mondays** - Because going meatless just one day a week reduces the risk of chronic disease and is good for our personal health, and the health of our planet.
- **Travel Tuesday** - Introduces kids to new cultures and new flavors.
- **Harvest of the Month** - Promoting a different fruit or vegetable each month in the cafeteria and throughout the school with contests, activities and educational experiences. September's Harvest Item is **BLUEBERRIES** - look for them on the menu and in the lunch line!
- **Local Food** - We are working with several local farms in order to be able to serve some locally sourced produce. Blueberries and Apples grown right here in CT taste so much better than those that have been flown in from California!

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

**Menu subject to change

		Wednesday, August 30	Thursday, August 31	Friday, September 1
<i>Alternative Selections Offered Daily:</i> <i>Bagel, Yogurt, Cheese Stick</i> <i>Deli Sandwich Choices</i> <i>SunButter Sandwiches</i> <i>Deli Salads</i>	Lunch Menu = \$2.85 Reduced Price = \$0.40 Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30 Milk = \$0.50	Mama's Marvelous Meatballs and Pasta Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Grilled Chicken Sandwich with Lettuce and Tomato Rockin' Roasted Carrots Fresh Fruit and Veggie Choices	Homemade Pizza Selections Tasty Tossed Salad Fresh Fruit and Veggie Choices
Meatless Monday, September 4	Travel Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Sweet and Sour Chicken Rad Rice Asian Carrot Fries Fresh Fruit and Veggie Choices	Cheeseburger on a Bun Blazin' Baked Beans Roasted Potato Wedges Fresh Fruit and Veggie Choices	King Neptune Fish Nuggets Dinner Roll Cool Coleslaw Fresh Fruit and Veggie Choices	Homemade Pizza Selections Blue-Berry Good Spinach Salad Fresh Fruit and Veggie Choices
Meatless Monday, September 11	Travel Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Oooey Goopy Grilled Cheese Sandwich Terrific Tomato Soup Fresh Fruit and Veggie Choices	Chicken and Cheese Quesadillas Three Bean Salad Corn Niblets Fresh Fruit and Veggie Choices	Pancakes and Sausage Blueberry Delight Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Crispy Chicken Nuggets Corn Muffin Zippy Zucchini Fresh Fruit and Veggie Choices	Homemade Pizza Selections Rip-Roaring Romaine Salad Fresh Fruit and Veggie Choices
Meatless Monday, September 18	Travel Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Monster Mozzarella Sticks With Mouthwatering Marinara Sauce Lean Mean Green Beans Fresh Fruit and Veggie Choices	All American Salad Bar with Assorted Veggies, Chopped Chicken and Hard Boiled Eggs Fresh Baked Garlic Bread Sticks Fresh Fruit and Veggie Choices	Popcorn Chicken Roasted Carrot Fries Blazin' Baked Beans Fresh Fruit and Veggie Choices	Back to School Blues Yogurt Parfait Blueberry Muffin Petite Potato Puffs Fresh Fruit and Veggie Choices	Homemade Pizza Selections Ragin' Red Tossed Salad Fresh Fruit and Veggie Choices
Meatless Monday, September 25	Travel Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
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 Mix-It-Up Mexican Corn Salad Fresh Fruit and Veggie Choices	Waffles and Sausage Warm Blueberry Sauce 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

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