

# East Haddam Elementary School Menu for January 2019

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

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

## Our Harvest of the Month is Carrots

Carrots are the perfect after school snack. They are crunchy and sweet, so kids love them, and they have lots of vitamin C and other antioxidants to help boost immune systems. Pair baby carrots with protein-rich dip like hummus or peanut butter, and you have a healthy snack that will fill kids up until dinner time!

### Candied Carrots

- 1 lb baby carrots
- 1/8 cup olive oil
- 1 TBSP Butter
- 1 orange zested and halved
- 1 TBSP brown sugar
- 1 tsp cinnamon

- Toss carrots with oil and sea salt and pepper
- Spread on sheet pan and roast in oven at 350F for 25 minutes
- Meanwhile, melt butter in a skillet over medium low heat. Once melted, squeeze in the orange juice, add brown sugar, orange zest and cinnamon and stir until syrupy. Remove Carrots from oven, Toss with orange syrup and serve

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

<p><b>Alternative Selections Offered Daily:</b></p> <p><b>It's a Wrap Bento Box Pretzel Gobbler Bento Box</b> WG Deli Sandwich Choices WG SunButter Sandwich with Cheese Stick</p>	<p><b>Pretzel Gobbler Bento Box:</b> Whole Grain Soft Pretzel, Turkey Rollup and Fruit</p> <p><b>It's a Wrap Bento Box:</b> Ham and Cheese in a WG Wrap with WG Goldfish and Fruit</p>	<p><b>Wednesday, Jan 2</b></p> <p>Wonderful Waffles and Sizzlin' Sausage</p> <p>Petite Potato Puffs</p> <p>Fruit and Veggie Choices Choices</p>	<p><b>Thursday, Jan 3</b></p> <p>Totally Terrific Tenders</p> <p>Blazin' Baked Beans</p> <p>Sweet Potato Sticks</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Friday, Jan 4</b></p> <p>Homemade Pizza Selections</p> <p><b>Crunchy Carrot and Broccoli Salad</b></p> <p>Fresh Fruit and Veggie Choices</p>
<p><b>Meatless Monday, Jan 7</b></p> <p>Oooey Goopy Grilled Cheese Sandwich</p> <p>Terrific Tomato Soup</p> <p>Roasted Cauliflower</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Travel Tuesday, Jan 8</b></p> <p>"Nacho Average Nachos"</p> <p>Fiesta Black Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Wednesday, Jan 9</b></p> <p>All-American Cheeseburger</p> <p>Sweet Potato Waffle Fries</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Thursday, Jan 10</b></p> <p>Clukin' Chicken Nuggets</p> <p>Tornado Potatoes</p> <p><b>Crazy Crunchy Carrots</b></p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Friday, Jan 11</b></p> <p>Cheesy Stuffed Crust Pizza</p> <p>Rip Roarin' Romaine Salad</p> <p>Fresh Fruit and Veggie Choices</p>
<p><b>Meatless Monday, Jan 14</b></p> <p>Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce</p> <p><b>Clever Carrot Fries</b></p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Travel Tuesday, Jan 15</b></p> <p>Mega Meatball Grinder</p> <p>Italian Salad</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Wednesday, Jan 16</b></p> <p>Power Pancakes and Sausage</p> <p>Sweet Potato Smiles</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Thursday, Jan 17</b></p> <p>Popular Popcorn Chicken</p> <p>All-American Roasted Potatoes</p> <p>Blazin' Baked Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Friday, Jan 18</b></p> <p>Homemade Pizza Selections</p> <p>Cool as Cucumber Sticks</p> <p>Fresh Fruit and Veggie Choices</p>
<p><b>MARTIN L. KING DAY</b></p> 	<p><b>Travel Tuesday, Jan 22</b></p> <p>"Nacho Average Nachos"</p> <p>Sassy Salsa Salad</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Wednesday, Jan 23</b></p> <p>Yummy Chicken Drummy</p> <p>Buttermilk Biscuit</p> <p>Tiny Tree Top Broccoli</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Thursday, Jan 24</b></p> <p>"Go Fish" Basket</p> <p>Zucchini Chips</p> <p>Chilin Chickpea Salad</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Friday, Jan 25</b></p> <p>Homemade Pizza Selections</p> <p><b>Italian Roasted Carrots</b></p> <p>Fresh Fruit and Veggie Choices</p>
<p><b>Meatless Monday, Jan 28</b></p> <p>Mini Raviolis</p> <p><b>Candied Carrots</b></p> <p>Fresh Baked Garlic Breadstick</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Travel Tuesday, Jan 29</b></p> <p>Taco Tuesday-Taco Salad</p> <p>Fiesta Black Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Wednesday, Jan 30</b></p> <p>Crispy Chicken Sandwich</p> <p>Spinach and Berry Salad</p> <p>Wacky waffle Fries</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Thursday, Jan 31</b></p> <p>Power Pancakes and Sausage</p> <p>Sweet Potato Smiles</p> <p>Fresh Fruit and Veggie Choices</p>	<p><b>Lunch Menu = \$2.85</b> <b>Reduced Price = \$0.40</b></p> <p><b>Breakfast Served Daily</b> <b>Full Pay = \$1.60</b> <b>Reduced Price = \$0.30</b></p>

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