

# Nathan Hale Ray High School Menu for September 2017

## 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.
- 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!
- New Daily Alternates - Giving you more choices by offering a different Alternate Selection each day of the week. Everyone can feel good about choosing these selections as well, since each one is either made with whole grains, or served on a whole grain bun. Deli and Salad Bars are still available daily!

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

\*\*Menu subject to change

pMeatless Monday,	Travel Tuesday	Wednesday, August 30	Thursday, August 31	Friday, September 1
<p><b>NEW!!!</b> Check out the bottom of the menu for the new Daily Alternate Selections</p> <p>Deli Bar and Salad Bar still offered daily</p>	<p>Lunch Menu = \$3.25 Reduced Price = \$0.40</p> <p>Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30</p> <p>Milk = \$0.50</p>	<p>Mama's Marvelous Meat Sauce and Pasta</p> <p>Parmesan Broccoli</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Grilled Chicken Sandwich with Lettuce and Tomato</p> <p>Roasted Carrots</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Homemade Pizza Selections</p> <p>Tossed Salad</p> <p>Fresh Fruit and Veggie Choices</p>
Meatless Monday, September 4	Travel Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	<p>Sweet and Sour Chicken</p> <p>Rad Rice</p> <p>Asian Carrot Fries</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Creamy Chicken Alfredo</p> <p>Fresh Baked Garlic Bread Stick</p> <p>Italian Green Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Crispy Fish Tacos</p> <p>Roasted Potato Wedges</p> <p>Blazin' Baked Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Homemade Pizza Selections</p> <p>Blue-Berry Good Spinach Salad</p> <p>Fresh Fruit and Veggie Choices</p>
Meatless Monday, September 11	Travel Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
<p>Toasted Grilled Cheese Sandwich</p> <p>Terrific Tomato Soup</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Chicken and Cheese Quesadillas</p> <p>Three Bean Salad</p> <p>Corn Niblets</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Pancakes and Sausage</p> <p>Warm Apple Slices</p> <p>Sweet Potato Waffle Fries</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Buffalo Chicken Sandwich</p> <p>Zesty Zucchini</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Homemade Pizza Selections</p> <p>Rip-Roaring Romaine Salad</p> <p>Fresh Fruit and Veggie Choices</p>
Meatless Monday, September 18	Travel Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
<p>Mozzarella Sticks with Mouthwatering Marinara Sauce</p> <p>Lean Mean Green Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Grilled Chicken Caesar Salad</p> <p>Fresh Baked Garlic Bread Stick</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Popcorn Chicken Bowl with Creamy Mashed Potatoes and Broccoli</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Back to School Blues Yogurt Parfait</p> <p>Blueberry Muffin</p> <p>Sweet Potato Waffle Fries</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Homemade Pizza Selections</p> <p>Ragin' Red Tossed Salad</p> <p>Fresh Fruit and Veggie Choices</p>
Meatless Monday, September 25	Travel Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
<p>Mini Raviolis in Mama's Marinara Sauce</p> <p>Roasted Cauliflower</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Mexican Burrito Bowl</p> <p>Mix-It-Up Mexican Corn Salad</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Waffles and Sausage</p> <p>Warm Blueberry Sauce</p> <p>Sweet Potato Smiles</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Chicken Drumstick</p> <p>Buttermilk Biscuit</p> <p>Creamy Mashed Potatoes</p> <p>Broccoli</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Homemade Pizza Selections</p> <p>Chillin' Chick Pea Salad</p> <p>Fresh Fruit and Veggie Choices</p>
Meatless Monday Alternate	Travel Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate
Totally Twisted Cheesy Breadsticks	French Bread Pizza	Crispy Chicken Sandwich	Stuffed Crust Pizza	Hamburger or Cheeseburger

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