

# Nathan Hale Ray Middle School Menu for April 2019

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

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

## Our Harvest of the Month is Avocados!

This fantastic fruit—*yes fruit*—is packed with nutrients and phytochemicals. It can be a substitute for mayo and sour cream, be spread on toast, added to smoothies, or used to make salad dressing. Just one half an avocado has 4.6 g of dietary fiber and is loaded with over 13 vitamins & minerals! It also provides 6.7 g of **monounsaturated fat**, a healthy source of fat that increases the absorption of fat soluble vitamins (A, D, E, & K). There are studies that show consuming avocados may support cardiovascular health

### Amazing Avocado Dip

3 Medium Avocados  
1 TBSP Lemon Juice  
½ Tsp Salt  
½ Tsp Chili Powder  
¼ Tsp Cumin

Cut the avocados in half and remove pits. Scoop avocado meat into a bowl. Gently mash avocados with a fork. Add lemon juice, salt, chili powder, and cumin. Stir to combine all ingredients. Serve with celery and carrot sticks.

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

| Meatless Monday, Apr 1   | Travel Tuesday, Apr 2   | Wednesday, Apr 3   | Thursday, Apr 4   | Friday, Apr 5   |
|--|---|--|---|---|
| Golden Waffles<br>Protein Power Parfait<br>Sweet Potato Waffle Fries<br>Fresh Fruit and Veggie Choices | "Nacho Average Nachos"<br>Sassy Salsa Salad<br>Fresh Fruit and Veggie Choices                       | Popcorn Chicken Bowl with Mashed Potatoes and Corn<br>Roasted Fresh Vegetables<br>Fresh Fruit and Veggie Choices | Oven Fried Chicken Drumstick<br>Warm Buttermilk Biscuit<br>Chillin' Chickpea Salad with Avocado<br>Fruit and Veggie Choices | Homemade Pizza Selections<br>Italian Tossed Salad<br>Fresh Fruit and Veggie Choices |
| Meatless Monday, Apr 8   | Travel Tuesday, Apr 9   | Wednesday, Apr 10  | Thursday, Apr 11  | Friday, Apr 12  |
| Delicious Cheese Quesadilla Pizza<br>Italian Tossed Salad<br>Fresh Fruit and Veggie Choices            | Mega Meatball Grinder<br>Parmesan Broccoli<br>Blazin' Baked Beans<br>Fresh Fruit and Veggie Choices | Southern Chicken and Waffles<br>Sweet Potato Waffle Fries<br>Fresh Fruit and Veggie Choices                      | Cinnamon French Toast with Sausage<br>Potato Puffs<br>Fresh Fruit and Veggie Choices  | Big Daddy's 4 Cheese Pizza<br>Clever Carrot Fries<br>Fresh Fruit and Veggie Choices |

## 5 ways to get kids to eat Avocados

1. Make Guacamole or an Avocado Dip and serve with cut veggies
2. Blend with Mango, Kiwi, Lime Juice and Yogurt to make a green smoothie
3. Mash with a little Greek yogurt and spread on toast—call it Great Green Grinch Toast
4. Slice and coat with egg and Panko bread crumbs and bake at 400°F for 15 minutes. Serve as Avocado Fries
5. Make avocado popsicles by blending avocado, coconut milk, a smidge of sugar and lime juice and freezing it.

| Meatless Monday, Apr 22  | Travel Tuesday, Apr 23   | Wednesday, Apr 24  | Thursday, Apr 25   | Friday, Apr 26  |
|--|--|--|--|---|
| Oooey Goopy Grilled Cheese Sandwich<br>Terrific Tomato Soup<br>Chickpea Popcorn<br>Fresh Fruit and Veggie Choices    | Mega Meatball Grinder<br>Italian Roasted Carrots<br>Easy Cheesy Broccoli<br>Fresh Fruit and Veggie Choices | Fluffy Pancakes and Sausage<br>Sweet Potato Sticks<br>Fresh Fruit and Veggie Choices                                       | Popcorn Chicken Bowl with Mashed Potatoes and Corn<br>Fresh Baked Garlic Breadstick<br>Fruit and Veggie Choices                  | Big Daddy's 4 Cheese Pizza<br>Roasted Cauliflower<br>Fresh Fruit and Veggie Choices |
| Meatless Monday, Apr 29  | Travel Tuesday, Apr 30   | Lunch Menu = \$3.10<br>Reduced Price = \$0.40<br><br>Breakfast Served Daily<br>Full Pay = \$1.60<br>Reduced Price = \$0.30 | <b>Remember to check out the bottom of the menu for the Daily Alternate Selections! Deli Sandwiches and Salads offered daily</b> |   |
| Mozzarella Sticks with Mouthwatering Marinara Sauce<br>Rockin' Romaine and Avocado Salad<br>Fruit And Veggie Choices | Sweet and Sour Chicken<br>Rad Rice<br>Bold Broccoli<br>Fresh Fruit and Veggie Choices                      |  |  |   |
| Meatless Monday Alternative  | Travel Tuesday Alternative   | Wednesday Alternative  | Thursday Alternative   | Friday Alternative  |
| Totally Twisted Cheesy Breadstick  | French Bread Pizza   | Crispy Chicken Sandwich  | Stuffed Crust Pizza  | Hamburger or Cheeseburger   |

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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