

## Our Harvest of the Month is Beets!!!

Beets can't be beat for good nutrition!

Have you heard the hype about beets? Beets are very high in natural nitrates which may enhance athletic performance, so they have been getting a lot of positive press lately. But beets have also been shown to help with circulation issues and may improve high blood pressure and protect against age associated dementias. They are also high in Vitamin C and fiber and are one of the few vegetables packed with phytonutrients that do not lose any of their antioxidant power when cooked.

### TIPS FOR GETTING KIDS TO EAT BEETS.

Beets are naturally sweet and temptingly pretty so it may not be as hard as you think to get your kids to try them!

- Shave raw beets on top of a salad for a pretty pink crunch.
- Roast Beets, Dice and serve with Craisins on top of a salad, or mix with yogurt—the kids will love the color and the sweetness.
- Mix with Berries in a smoothie.

# Nathan Hale Ray Middle School Menu for February 2019

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

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

<b>Remember to check out the bottom of the menu for the Daily Alternates Selections!! Deli Sandwiches and Salads offered daily</b>		<b>1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50</b>		<b>Lunch Menu = \$3.10 Reduced Price = \$0.40</b>  <b>Breakfast Served Daily Full Pay = \$1.60 Reduced Price = \$0.30</b>		<b>Friday, Feb 1</b>  Homemade Pizza Selections  Spinach and Citrus Salad  Fruit and Veggie Choices			
<b>Meatless Monday, Feb 4</b>  Creamy Macaroni and Cheese  Tomato Zucchini Bake  Fruit and Veggie Choices		<b>Travel Tuesday, Feb 5</b>  Country Chicken and Waffles  Southern Sweet Potato Waffle Fries  Fresh Fruit and Veggie Choices		<b>Wednesday, Feb 6</b>  "Nacho Average Nachos"  Sassy Salsa Salad  Fresh Fruit and Veggie Choices		<b>Thursday, Jan 10</b>  Classic Chicken Nuggets with Special Dipping Sauces  Blazin' Baked Beans  All American Fries  Fruit and Veggie Choices		<b>Friday, Feb 8</b>  Saucy Pizza Crunchers  Rip Roarin' Romaine Salad with Roasted Beets  Fresh Fruit and Veggie Choices	
<b>Meatless Monday, Feb 11</b>  Ooey Goey Grilled Cheese Sandwich  Terrific Tomato Soup  Chickpea Popcorn  Fresh Fruit and Veggie Choices		<b>Travel Tuesday, Feb 12</b>  Mega Meatball Grinder  Easy Cheesy Broccoli  Italian Roasted Carrots  Fresh Fruit and Veggie Choices		<b>Wednesday, Feb 13</b>  Fluffy Pancakes and Sizzlin' Sausage  Sweet Potato Wedges  Fresh Fruit and Veggie Choices		<b>Thursday, Jan 17</b>  Popcorn Chicken Bowl with Mashed Potatoes and Corn  Delicious Dinner Roll  Fruit and Veggie Choices		<b>Friday, 15</b>  Big Daddy's 4 Cheese Pizza  Roasted Cauliflower  Fresh Fruit and Veggie Choices	
<b>Happy President's Day—No School!</b>  <u>Easy Roasted Beets</u> Preheat oven to 400°F Cut off tops and scrub Wrap in aluminum foil and roast 40—60 minutes until fork slides in easily Once beets cool slightly, rub them under running water with a paper towel and skin will come right off				<b>Wednesday, Feb 20</b>  Loaded Chili Cheese Fries  Corn Muffin  Fiesta Black Beans  Fruit and Veggie Choices		<b>Thursday, Jan 24</b>  Philly Cheese Steak Sandwich  Tornado Potatoes  Fresh Fruit and Veggie Choices		<b>Friday, Feb 22</b>  Crispy Chicken Tenders with Dipping Sauces  Sweet Potato Sticks  Fresh Fruit and Veggie Choices	
<b>Meatless Monday, Feb 25</b>  Delicious Golden Waffles  Protein Power Parfait  Sweet Potato Waffle Fries  Fruit and Veggie Choices		<b>Travel Tuesday, Feb 26</b>  "Nacho Average Nachos"  Sassy Salsa Salad  Fresh Fruit and Veggie Choices		<b>Wednesday, Feb 27</b>  Crispy Fish Sandwich  Tornado Potatoes  Chillin' Chickpea Salad  Fresh Fruit and Veggie Choices		<b>Thursday, Feb 28</b>  Oven Fried Chicken Drumstick  Warm Buttermilk Biscuit  Spinach Salad with Beets and Craisins  Fruit and Veggie Choices		<b>My Heart Beets for You Smoothie</b>  1/2 cup Greek Yogurt 1 cup blueberries 1 small roasted beet - peeled and diced 1/4 cup pineapple juice 1-2 tsp honey Blend in high-powered blender until smooth	
<b>Meatless Monday Alternative</b> Totally Twisted Cheesy Breadstick		<b>Travel Tuesday Alternative</b> French Bread Pizza		<b>Wednesday Alternative</b> Crispy Chicken Sandwich		<b>Thursday Alternative</b> Stuffed Crust Pizza		<b>Friday Alternative</b> Hamburger or Cheeseburger	

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