

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

Nathan Hale Ray Middle School Menu for January 2019

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

****Menu subject to change**

<p>Remember to check out the bottom of the menu for the Daily Alternates Selections!! Deli Sandwiches and Salads offered daily</p>		<p>Wednesday, Jan 2</p> <p>“Nacho Average Nachos”</p> <p>Caliente Corn</p> <p>Fruit and Veggie Choices Choices</p>	<p>Thursday, Jan 3</p> <p>Classic Chicken Nuggets with Special dipping Sauces</p> <p>All American Fries</p> <p>Blazin’ Baked Beans</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Friday, Jan 4</p> <p>Saucy Pizza Crunchers</p> <p>Crunchy Carrots and Broccoli Salad</p> <p>Fresh Fruit and Veggie Choices</p>
<p>Meatless Monday, Jan 7</p> <p>Oooey Goopy Grilled Cheese Sandwich</p> <p>Terrific Tomato Soup</p> <p>Chickpea Popcorn</p> <p>Fruit and Veggie Choices</p>	<p>Travel Tuesday, Jan 8</p> <p>Mega Meatball Grinder</p> <p>Easy Cheesy Broccoli</p> <p>Clever Carrot Fries</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Wednesday, Jan 9</p> <p>Fluffy Pancakes and Sausage</p> <p>Sweet Potato Wedges</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Thursday, Jan 10</p> <p>Popcorn Chicken Bowl with Mashed Potatoes and Corn</p> <p>Dinner Roll</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Friday, Jan 11</p> <p>Big Daddy’s 4 Cheese or Buffalo Pizza</p> <p>Roasted Cauliflower</p> <p>Fresh Fruit and Veggie Choices</p>
<p>Meatless Monday, Jan 14</p> <p>Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce</p> <p>Tuscan Tomato Salad</p> <p>Fruit and Veggie Choices</p>	<p>Travel Tuesday, Jan 15</p> <p>Sweet and Sour Chicken</p> <p>Rad Rice</p> <p>Bold Broccoli</p> <p>Fruit and Veggie Choices</p>	<p>Wednesday, Jan 16</p> <p>Loaded Chili Cheese Fries</p> <p>Corn Muffin</p> <p>Fiesta Black Beans</p> <p>Fruit and Veggie Choices</p>	<p>Thursday, Jan 17</p> <p>Philly Cheese Steak Sandwich</p> <p>Petite Potato Puffs</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Friday, Jan 18</p> <p>Crispy Chicken Tenders with Dipping Sauces</p> <p>Zucchini Chips</p> <p>Sweet Potato Sticks</p> <p>Fruit and Veggie Choices</p>
<p>MARTIN L. KING DAY</p> 	<p>Travel Tuesday, Jan 22</p> <p>“Nacho Average Nachos”</p> <p>Sassy Salsa Salad</p> <p>Fresh Fruit and Veggie Choices</p>	<p>Wednesday, Jan 23</p> <p>Crispy Fish Sandwich with Pepper Jack Cheese</p> <p>Tornado Potatoes</p> <p>Chillin’ Chickpea Salad</p> <p>Fruit and Veggie Choices</p>	<p>Thursday, Jan 24</p> <p>Oven Fried Chicken Drumstick</p> <p>Warm Buttermilk Biscuit</p> <p>Roasted Veggies</p> <p>Fruit and Veggie Choices</p>	<p>Friday, Jan 25</p> <p>Homemade Pizza Selections</p> <p>Italian Roasted Carrots</p> <p>Fresh Fruit and Veggie Choices</p>
<p>Meatless Monday, Jan 28</p> <p>Mini Raviolis with Fresh Baked Garlic Breadstick</p> <p>Candied Carrots</p> <p>Fruit and Veggie Choices</p>	<p>Travel Tuesday, Jan 29</p> <p>Mexican Burrito Bowl with Rice</p> <p>Caliente Corn</p> <p>Fiesta Black Beans</p> <p>Fruit and Veggie Choices</p>	<p>Wednesday, Jan 30</p> <p>Penne Pasta Bar with your choice of Sauce and Meat</p> <p>Spinach and Berry Salad</p> <p>Fruit and Veggie Choices</p>	<p>Thursday, Jan 31</p> <p>Golden French Toast Sticks and Sizzlin’ Sausage</p> <p>Roasted Sweet Potato Wedges</p> <p>Fruit and Veggie Choices</p>	<p>Lunch Menu = \$3.10</p> <p>Reduced Price = \$0.40</p> <p>Breakfast Served Daily</p> <p>Full Pay = \$1.60</p> <p>Reduced Price = \$0.30</p>
<p>Meatless Monday Alternative</p> <p>Totally Twisted Cheesy Breadstick</p>	<p>Travel Tuesday Alternative</p> <p>French Bread Pizza</p>	<p>Wednesday Alternative</p> <p>Crispy Chicken Sandwich</p>	<p>Thursday Alternative</p> <p>Stuffed Crust Pizza</p>	<p>Friday Alternative</p> <p>Hamburger or Cheeseburger</p>

ADD \$ TO A STUDENT’S ACCOUNT AT mypaymentsplus.com USING STUDENT ID# OR MAKE CHECK PAYABLE TO EAST HADDAM SCHOOL LUNCH

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