

Our Harvest of the Month is Kale and Spinach

These leafy greens are nutritional powerhouses that can be eaten raw in salads, added to soups, chopped and added to pasta, sautéed or stir-fried, or—in the case of Kale—baked into delicious chips for kids to snack on. Both are high in fiber and packed with B Vitamins and Vitamin C and Folic Acid. The dark green color means that these plants are full of phytonutrients that may benefit eye health, fight cancer and reduce blood pressure.

Kale Nachos

*1 bunch Kale
1 TBSP Olive Oil
1/2 Tsp Salt
1/4 Cup Shredded Cheddar*

Preheat oven to 300 degrees. Strip Kale leaves from stems and chop into 2" pieces. Drizzle olive oil over chopped Kale, massage into leaves with hands and sprinkle with salt. Spread Kale into a single layer on baking sheets. Bake in preheated oven for 10 minutes or until Kale begins to get slightly crisp. Flip chips and sprinkle with cheddar cheese and bake another 10-15 minutes until completely crisp.

Nathan Hale Ray Middle School Menu for March 2019

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

****Menu subject to change**

Remember to check out the bottom of the menu for the Daily Alternate Selections! Deli Sandwiches and Salads offered daily		Lunch Menu = \$3.10 Reduced Price = \$0.40	1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50	Friday, Mar 1 Homemade Pizza Selections Steamed Broccoli Fresh Fruit and Veggie Choices
Meatless Monday, Mar 4 Pizza Bagel Bites Chillin' Chickpea Salad Fresh Fruit and Veggie Choices	Travel Tuesday, Mar 5 Mexican Burrito Bowl with Rice Caliente Corn Kale Nachos Fruit and Veggie Choices	Wednesday, Mar 6 Penne Pasta Bar with your choice of Alfredo or Marinara Sauce and Chicken and Meatballs Spinach and Citrus Salad Fruit and Veggie Choices	Thursday, Mar 7 Golden French Toast Sticks and Sizzlin' Sausage Roasted Sweet Potatoes Wedges Fruit and Veggie Choices	Friday, Mar 8 Homemade Pizza Selections Italian Tomatoes Fresh Fruit and Veggie Choices
Meatless Monday, Mar 11 Creamy Macaroni and Cheese Roasted Tomato Zucchini Bake Fruit and Veggie Choices	Travel Tuesday, Mar 12 Country Chicken and Waffles Southern Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Wednesday, Mar 13 "Nacho Average Nachos" Krispy Kale Chips Sassy Salsa Salad Fresh Fruit and Veggie Choices	Thursday, Mar 14 Classic Chicken Nuggets with special Dipping Sauces Blazin' Baked Beans AI American Fries Fruit and Veggie Choices	Friday, Mar 15 Saucy Pizza Crunchers Rip Roarin' Romaine Salad Fresh Fruit and Veggie Choices
Meatless Monday, Mar 18 Ooey Goey Grilled Cheese Sandwich Creamy Tomato Soup Italian Roasted Carrots Fruit and Veggie Choices	Travel Tuesday, Mar 19 Mega Meatball Grinder Go For Green Salad Pot 'O Gold Baked Beans Lucky Rainbow Sorbet Fruit and Veggie Choices	Wednesday, Mar 20 Fluffy Pancakes and Sausage Sweet Potatoes Wedges Fruit and Veggie Choices	Thursday, Mar 21 Popcorn Chicken Bowl with Mashed Potatoes and Corn Dinner Roll Fruit and Veggie Choices	Friday, Mar 22 Big Daddy's 4 Cheese Pizza Roasted Cauliflower Fresh Fruit and Veggie Choices
Meatless Monday, Mar 25 Mozzarella Sticks with Mouthwatering Marinara Sauce Tuscan Tomato Salad Fruit And Veggie Choices	Travel Tuesday, Mar 26 Sweet and Sour Chicken Bowl with Rad Rice Bold Broccoli Fresh Fruit and Veggie Choices	Wednesday, Mar 27 Loaded Chili Cheese Fries Corn Muffin Fiesta Black Beans Fruit and Veggie Choices	Thursday, Mar 28 BASEBALL OPENING DAY!! Ballpark Hot Dogs All American Fries with Optional Cheese Sauce Red Sox Icee Fruit and Veggie Choices	Friday, Mar 29 Crispy Chicken Tenders with Dipping Sauces Zucchini Chips Sweet Potato Sticks Fruit and Veggie Choices
Meatless Monday Alternative Totally Twisted Cheesy Breadstick	Travel Tuesday Alternative French Bread Pizza	Wednesday Alternative Crispy Chicken Sandwich	Thursday Alternative Stuffed Crust Pizza	Friday Alternative Hamburger or Cheeseburger

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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