

# Our Harvest of the Month is Broccoli

Broccoli is packed with nutrients that help keep us healthy. It's a great source of Vitamin K, which helps with blood clotting when we cut ourselves, and Vitamin C, which helps wounds heal and boosts our immune systems. There is also lots of Fiber in Broccoli, which promotes healthy digestion and can help lower cholesterol, as well as Potassium and Folate and lots of Phytonutrients that protect our cells from damage. Try roasting, steaming, stir-frying or microwaving Broccoli but DON'T boil it as this can leach out up to 90% of the valuable vitamins in these tiny trees.

## ROASTED BROCCOLI

Cut broccoli into florets and toss with a bit of Olive Oil. Place on a foil lined baking sheet and sprinkle with a pinch of salt and some Parmesan Cheese. Roast in a 450° oven for 15 minutes for a deliciously nutty flavor.

**Lunch Menu = \$3.10**  
**Reduced Price = \$0.40**

**Breakfast Served Daily**  
**Full Pay = \$1.60**  
**Reduced Price = \$0.30**

**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 May 2019

Questions? Contact Jen Bove, Nutrition Services Director, at [jen.bove@easthaddamschools.org](mailto:jen.bove@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		Wednesday, May 1	Thursday, May 2	Friday, May 3
<b>Meatless Monday, May 6</b> Delicious Cheese Quesadilla Pizza Italian Tossed Salad Fresh Fruit and Veggie Choices	<b>Travel Tuesday, May 7</b> Mega Meatball Grinder Parmesan Broccoli Blazin' Baked Beans Fruit and Veggie Choices	Loaded Chili Cheese Fries Buttermilk Biscuit Sassy Salsa Salad Fresh Fruit and Veggie Choices	Philly Cheese Steak Sandwich Petite Potato Puffs Fresh Fruit and Veggie Choices	Crispy Chicken Tenders with Dipping Sauces Blazin' Baked Beans Sweet Potato Sticks Fruit and Veggie Choices
<b>Meatless Monday, May 13</b> Pizza Bagel Bites Italian Green Beans Fresh Fruit and Veggie Choices	<b>Travel Tuesday, May 14</b> "Spring-giving" Roast Turkey and Gravy Mashed Potatoes Crisp Summer Corn Delicious Dinner Roll Fruit and Veggie Choices	<b>Wednesday, May 8</b> Southern Chicken and Waffles Sweet Potato Waffle Fries Fruit and Veggie Choices	<b>Thursday, May 9</b> Cinnamon French Toast with Sausage Potato Puffs Fresh Fruit and Veggie Choices	<b>Friday, May 10</b> Big Daddy's 4 Cheese Pizza Clever Carrot Fries Fresh Fruit and Veggie Choices
<b>Meatless Monday, May 20</b> Creamy Macaroni and Cheese Roasted Tomato Zucchini Bake Fruit and Veggie Choices	<b>Travel Tuesday, May 21</b> Country Chicken and Waffles Southern Sweet Potato Waffle Fries Fruit and Veggie Choices	<b>Wednesday, May 15</b> Penne Pasta Bar with Your Choice of Sauce and Meat <b>Easy Cheesy Broccoli</b> Chillin' Chickpea Salad Fruit and Veggie Choices	<b>Thursday, May 16</b> Golden Waffles and Sizzlin' Sausage Sweet Potato Sticks Fresh Fruit and Veggie Choices	<b>Friday, May 17</b> Homemade Pizza Selections Italian Tomatoes Fresh Fruit and Veggie Choices
<b>Meatless Monday, May 28</b> Mega Meatball Grinder <b>Broccoli Salad</b> Fresh Fruit and Veggie Choices	<b>Travel Tuesday, May 28</b> Mega Meatball Grinder <b>Broccoli Salad</b> Fresh Fruit and Veggie Choices	<b>Wednesday, May 22</b> "Nacho Average Nachos" Sassy Salsa Salad Fruit and Veggie Choices	<b>Thursday, May 23</b> Classic Chicken Nuggets with special Dipping Sauces Blazin' Baked Beans All American Fries Fruit and Veggie Choices	<b>Friday, May 24</b> Saucy Pizza Crunchers <b>Broccoli Parmesan</b> Fresh Fruit and Veggie Choices
<b>Meatless Monday, May 29</b> Twisted Cheesy Breadsticks	<b>Travel Tuesday, May 29</b> French Bread Pizza	<b>Wednesday, May 29</b> Crispy Chicken Sandwich	<b>Thursday, May 30</b> Stuffed Crust Pizza	<b>Friday, May 31</b> Hamburger or Cheeseburger
	<b>Travel Tuesday, May 28</b> Mega Meatball Grinder <b>Broccoli Salad</b> Fresh Fruit and Veggie Choices	<b>Wednesday, May 29</b> Fluffy Pancakes and Sizzlin' Sausage Sweet Potato Sticks Fresh Fruit and Veggie Choices	<b>Thursday, May 30</b> Popcorn Chicken Bowl with Mashed Potatoes and Corn Delicious Dinner Roll Fruit and Veggie Choices	<b>Friday, May 31</b> Big Daddy's 4 Cheese or Buffalo Pizza Roasted Cauliflower Fruit and Veggie Choices
<b>Meatless Monday Alternative</b> Twisted Cheesy Breadsticks	<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

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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