

# Nathan Hale Ray Middle School Menu for November 2018

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 Cranberries!!

Did you know that

**Cranberries are:**  
 \* High in Vitamin C  
 \* High in Fiber  
 \* Packed with Phytonutrients and Antioxidants that may help suppress certain types of cancer growth and protect against Alzheimer

## Crazy Craisin Monkey Roll-ups

- Spread 2 tablespoons peanut butter or sunbutter on an 8" whole grain tortilla.
- Slice a banana in half vertically and place it on the tortilla and sprinkle with 2 tablespoons dried cranberries.
- Roll up and slice in half to serve.

Lunch Menu = \$3.10 Reduced Price = \$0.40  Breakfast Served Daily Full Pay = \$1.60 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>			<b>Thursday, Nov 1</b> Philly Cheese Steak Sandwich Tornado Potatoes Fresh Fruit and Veggie Choices	<b>Friday, Nov 2</b> Crispy Chicken Tenders with Dipping Sauces Zucchini Chips Sweet Potato Sticks Fresh Fruit and Veggie Choices
<b>NO SCHOOL</b> 	<b>Travel Tuesday, Nov 6</b> "Nacho Average Nachos" Sassy Salsa Salad Fruit and Veggie Choices	<b>Wednesday, Nov 7</b> Oven Fried Chicken Drumstick Warm Buttermilk Biscuit Tornado Potatoes Roasted Veggies Fruit and Veggie Choices	<b>Thursday, Nov 8</b> Crispy Fish Sandwich with Pepper Jack Cheese Chillin' Chickpea Salad Fruit and Veggie Choices	<b>Friday, Nov 9</b> Homemade Pizza Selections Italian Salad Fruit and Veggie Choices	
<b>Meatless Monday, Nov 12</b> Mini Raviolis Cranberry Glazed Roasted Carrots Fresh Baked Garlic Breadstick Fruit and Veggie Choices	<b>Travel Tuesday, Nov 13</b> Mexican Burrito Bowl with Rice Fiesta Black Beans Fruit and Veggie Choices	<b>Wednesday, Nov 14</b> Crispy Chicken and Waffles Sweet Potato Waffle Fries Fruit and Veggie Choices	<b>Thanksgiving Thursday, Nov 15</b> Roast Turkey Creamy Mashed Potatoes and Gravy Savory Green Beans Cranberry Sauce Delicious WG Dinner Roll Fruit and Veggie Choices		
<b>Meatless Monday, Nov 19</b> Creamy Macaroni And Cheese Tomato Zucchini Bake Fresh Fruit and Veggie Choices	<b>Travel Tuesday, Nov 20</b> Southern Style Popcorn Chicken Bowl with Mashed Potatoes and Corn Delicious Dinner Roll Fresh Fruit and Veggie Choices	<b>Happy Thanksgiving!!!!</b> <b>Fresh Cranberry Orange Relish</b> <ul style="list-style-type: none"> <li>• 1 unpeeled orange cut into eighths and seeded</li> <li>• 1 12-ounce package fresh cranberries</li> <li>• 3/4 cup sugar</li> </ul> Place orange slices and cranberries in a food processor and process until evenly chopped. Stir in sugar and store in refrigerator or freezer.			
<b>Meatless Monday, Nov 26</b> Ooey Goey Grilled Cheese Sandwich Terrific Tomato Soup Chickpea Popcorn Fruit and Veggie Choices	<b>Travel Tuesday, Nov 27</b> Mega Meatball Grinder Easy Cheesy Broccoli Sweet Potato Sticks Fruit and Veggie Choices	<b>Wednesday, Nov 28</b> Fluffy Pancakes and Sausage Petite Potato Puffs Fruit and Veggie Choices	<b>Thursday, Nov 29</b> Popcorn Chicken Bowl with Mashed Potatoes and Corn Delicious Dinner Roll Crunchy Carrot Fries Fruit and Veggie Choices	<b>Friday, Nov 30</b> Big Daddy's 4 Cheese or Buffalo Pizza Roasted Cauliflower Fruit and Veggie Choices	
<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	

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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