

Our Harvest of the Month is APPLES!!

We will be featuring Regionally Grown Apples this month in our Cafeteria.

Do your children often forget to brush their teeth regularly? Did you know that apples are a natural mouth freshener? Some research has shown that certain polyphenols found in apples may reduce the activity of bacteria in your mouth. Apples have been shown to be particularly effective against fighting "garlic breath"!

Eat your apples with the skin on! Not only does the skin contain a good amount of fiber, but almost 50% of the Vitamin C in apples is found just under the skin.

WE SERVE LOCAL MILK FROM GUIDA'S!

1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50.

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

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

Nathan Hale Ray Middle School Menu for October 2018

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

****Menu subject to change**

Meatless Monday, Oct 1 Golden Waffles Protein Power Parfait Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Travel Tuesday, Oct 2 "Nacho Average Nachos" Sassy Salsa Salad Fresh Fruit and Veggie Choices	Wednesday, Oct 3 Oven Fried Chicken Drumstick Warm Buttermilk Biscuit Spinach Salad with Apples Tornado Potatoes Fruits and Veggie Choices	Thursday, Oct 4 Crispy Fish Sandwich with Cheese Chillin' Chick Pea Salad Fresh Fruit and Veggie Choices	Friday, Oct 5 Homemade Pizza Selections Italian Salad Fresh Fruit and Veggie Choices
COLUMBUS DAY 	Go Apple Picking! Visit pickyourown.org/Ct.htm to find local apple picking farms	Wednesday, Oct 10 Penne Pasta Bar with your Choice of Sauce and Meat Spinach and Citrus Salad Fresh Fruit and Veggie Choices	Thursday, Oct 11 Golden French Toast Sticks and Sizzlin' Sausage Apple Chips Roasted Sweet Potato Wedges Fruit and Veggie Choices	Friday, Oct 12 Homemade Pizza Selections Italian Tomatoes Fresh Fruit and Veggie Choices
Meatless Monday, Oct 15 Creamy Macaroni And Cheese Tomato Zucchini Bake Fresh Fruit and Veggie Choices	Travel Tuesday, Oct 16 Country Chicken and Waffles Southern Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Wednesday, Oct 17 Nacho Average Nachos" Sassy Salsa Salad Fresh Fruit and Veggie Choices	Thursday, Oct 18 Classic Chicken Nuggets with Special Dipping Sauces Blazin' Baked Beans All American Fries Fresh Fruit and Veggie Choices	Friday, Oct 19 Saucy Pizza Crunchers Rip Roarin' Romaine Salad Fresh Fruit and Veggie Choices
Meatless Monday, Oct 22 Ooey Goey Grilled Cheese Sandwich Creamy Tomato Soup Chickpea Popcorn Fresh Fruit and Veggie Choices	Travel Tuesday, Oct 23 Super Mega Meatball Grinder Easy Cheesy Broccoli Fresh Fruit and Veggie Choices	Wednesday, Oct 24 Fluffy Pancakes and Sizzlin' Sausage Petit Potato Puffs Sensational Cinnamon Baked Apples Fresh Fruit and Veggie Choices	Thursday, Oct 25 Popcorn Chicken Bowl with Mashed Potatoes and Corn Delicious Dinner Roll Crunchy Carrots Fries Fresh Fruit and Veggie Choices	Friday, Oct 26 Big Daddy's 4 Cheese Pizza Roasted Cauliflower Fresh Fruit and Veggie Choices
Meatless Monday, Oct 29 Mozzarella Sticks with Mouthwatering Marinara Sauce Tuscan Tomato Salad Fruit And Veggie Choices	Travel Tuesday, Oct 30 Sweet and Sour Chicken Bowl Rad Rice Bold Broccoli Fruit and Veggie Choices	Wednesday, Oct 31 Loaded Chili Fries Corn Muffin Fiesta Black Beans Apple Monster Mouths Fruit and Veggie Choices	Remember to check out the bottom of the menu for the Daily Alternate Selections! Deli Sandwiches and Salads offered daily	
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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