

Nathan Hale Ray Middle School Menu for September 2018

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

****Menu subject to change**

Our Harvest of the Month is Tomatoes

Besides being juicy and delicious, tomatoes are a good source of vitamins A and C. Vitamin A is very important in skin, eye and bone health. Vitamin C is needed for healing and is a powerful antioxidant that boosts the immune system.

Tomatoes taste best if they are stored at room temperature. Refrigeration changes both the texture and taste.

Roasted Tomato Parmesan
*Large Tomato sliced thick
 1 TBSP grated Parmesan
 1 TBSP Italian Bread Crumbs*

Place tomato slices on a sheet pan lined with parchment paper. Bake in a 400 degree oven for 5—7 minutes until soft.

Quick Tomato Salad
*2 tomatoes chopped
 1 avocado Diced
 1 small can sliced black olives
 1/4 cup Italian Dressing
 Mix all ingredients and serve cold*

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**

Remember to check out the bottom of the menu for the Daily Alternate Selections! Deli sandwiches and salads offered daily



Travel Tuesday, Sept 4
 Mexican Burrito Bowl With Rice
 Caliente Corn
 Fresh Fruit and Veggie Choices

Wednesday, Aug 29
 Oven Fried Chicken Drumstick
 Warm Buttermilk Biscuit
 Broccoli Parmesan
 Fresh Fruit and Veggie Choices

Thursday, Aug 30
 Crispy Fish Sandwich With Pepper Jack Cheese
 Sweet Potato Waffle Fries
 Fresh Fruit and Veggie Choices

Friday, Aug 31
 Homemade Pizza Selections
 Tasty Tossed Salad
 Fresh Fruit and Veggie Choices

Meatless Monday, Sept 10
 Creamy Macaroni And Cheese
 Pizza Green Beans
 Fresh Fruit and Veggie Choices

Travel Tuesday, Sept 11
 Country Chicken and Waffles
 Southern Sweet Potato Wedges
 Fresh Fruit and Veggie Choices

Wednesday, Sept 12
 Nacho Average Nachos
 Sassy Salsa Salad
 Fresh Fruit and Veggie Choices

Thursday, Sept 13
 Classic Chicken Nuggets with Special Dipping Sauces
 All American Fries
 Blazed Baked beans
 Fresh Fruit and Veggie Choices

Friday, Sept 14
 Pizza Crunchers
 Rip Roarin' Romaine Salad
 Fresh Fruit and Veggie Choices

Meatless Monday, Sept 17
 Oooey Goopy Grilled Cheese Sandwich
 Creamy Tomato Soup
 Chickpea Popcorn
 Fresh Fruit and Veggie Choices

Travel Tuesday, Sept 18
 Mega Meatball Grinder
 Italian Salad
 Fresh Fruit and Veggie Choices

Wednesday, Sept 19
 Fluffy Pancakes and Sausage
 Petite Potato Puffs
 Fresh Fruit and Veggie Choices

Thursday, Sept 20
 Popcorn Chicken Bowl With Mashed Potatoes And Corn
 Delicious Diner Roll
 Crunchy Carrot Fries
 Fresh Fruit and Veggie Choices

Friday, Sept 21
 Big Daddy's 4 Cheese Pizza
 Zucchini Chips
 Fresh Fruit and Veggie Choices

Meatless Monday, Sept 24
 Mozzarella Sticks with Mouthwatering Marinara Sauce
 Tomato Zucchini Parmesan
 Fresh Fruit and Veggie Choices

Travel Tuesday, Sept 25
 Sweet and Sour Chicken
 Rad Rice
 Bold Broccoli
 Fresh Fruit and Veggie Choices

Wednesday, Sept. 26
 Loaded Chili Cheese Fries
 Corn Muffin
 Fiesta Black Beans
 Fresh Fruit and Veggie Choices

Thursday, Sept. 27
 Philly Cheese Steak Sandwich
 Tornado Potatoes
 Crunchy Carrot fries
 Fresh Fruit and Veggie Choices

Friday, Sept.28
 Crispy Chicken Tenders With Dipping Sauces
 Sweet Potato Sticks
 Fresh 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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