

# East Hampton Middle School Menu for December 2017

Questions? Contact Jen Bove, Nutrition Services Director, at [jbove@easthamptonct.org](mailto:jbove@easthamptonct.org)

\*\*Menu subject to change

## Our Harvest of the Month is WINTER SQUASH

### Did you know that Winter Squash is:

- High in beta-carotene which converts to Vitamin A
- A good source of Vitamin C and fiber
- Packed with antioxidant and anti-inflammatory compounds

### Squash with Apples and Cranberries

- Preheat oven to 375 F
- Cut 2 Acorn Squash in half and scoop out seeds
- Mix together 2 Tbsp. butter, 2 Tbsp. brown sugar, 1/2 tsp. cinnamon and 1/4 tsp. nutmeg and distribute evenly in the cavities of the squash
- Peel and dice 2 apples and mix with 1/2 cup of dried cranberries. Distribute evenly in the cavities
- Bake covered for 1 hour, uncovering for the last 15 minutes

*Butternut Squash or small Pumpkins can also be used*

Friday, December 1				
Lunch Menu = \$3.10 Reduced Price = \$0.40	Remember to Check out the bottom of the menu for the Daily Alternate Selections  Deli salads and sandwiches offered daily	1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50		Homemade Pizza Selections
Breakfast Served Daily Full Pay = \$2.00 Reduced Price = \$0.30				Rip Roarin' Romaine Salad
				Fresh Fruit and Veggie choices
Meatless Monday, December 4	Travel Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Cheesy Pizza Bagel Bites	Taco Tuesday— Taco Salad	Pasta with Meat Sauce	Golden Waffles and Sausage	Homemade Pizza Selections
Green Beans	Mexican Corn Salad	Parmesan Broccoli	Sweet Potato Wedges	Chillin' Chick Pea Salad
Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices	Maple Cinnamon Roasted Butternut Squash	Fresh Fruit and Veggie Choices
			Fresh Fruit and Veggie Choices	
Meatless Monday, December 11	Travel Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Creamy Macaroni and Cheese	Sweet and Sour Chicken	Creamy Chicken Alfredo	Fish and Pepper Jack Cheese Sandwich	Homemade Pizza Selections
Marinated Tomato Salad	Rad Rice	Fresh Baked Garlic Breadstick	Blazin' Baked Beans	Rainbow Vegetable Tray with Pumpkin Hummus
Fresh Fruit and Veggie Choices	Asian Carrot Fries	Krispy Kale Chips	Roasted Potatoes Wedges	Fresh Fruit and Veggie Choices
	Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices	
Meatless Monday, December 18	Travel Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Oooey Gooney Grilled Cheese Sandwich	Chicken Quesadillas	Pancakes and Sausage	Happy Holiday Feast	Homemade Pizza Selections
Tomato Soup	Three Bean Salad	Sweet Potato Waffle Fries	Roasted Turkey and Gravy	Holiday Red and Green Salad
Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices	Fresh Fruit and Veggie Choices	Creamy Mashed Potatoes Butternut Squash Apple Bake Holly's Homemade Pumpkin Muffins	Fresh Fruit and Veggie Choices
			Fresh Fruit and Veggie Choices	
Meatless Monday Alternate	Travel Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate
Totally Twisted Cheesy Breadsticks	French Bread Pizza	Crispy Chicken Sandwich	Stuffed Crust Pizza	Hamburger or Cheeseburger



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OR MAKE CHECK PAYABLE TO EAST HAMPTON CAFETERIA FUND