

East Hampton Center School Menu for October 2017

Questions? Contact Jen Bove, Nutrition Services Director, at jbove@easthamptonct.org

**Menu subject to change

Our Harvest of the Month is APPLES!!!

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

3 easy ways to get your kids to eat Apples:

- Slice apples and dip them in cold water with a little bit of lemon juice (to prevent them from turning brown), and leave them out on the table after school. Kids are much more likely to eat cut up fruit than whole fruit. For a little extra protein, make a dip with 1 cup Vanilla Greek Yogurt, 1 tsp Cinnamon and a Tablespoon of Honey.
- Peel apples and slice in half then remove the core leaving a well in the middle of the apple. Place apples cut side up on a cookie sheet with a tsp of butter and a sprinkle of cinnamon and brown sugar in the middle well. Bake for 15 minutes. For a special treat, add a marshmallow after baking and broil for 1 minute until marshmallow begins to brown.
- Put peeled sliced and cored apples in a crockpot with a TBSP of Cinnamon. Cook on low for 8-10 hours and mash or puree in blender. Serve warm topped with Granola

Meatless Monday, October 2	Travel Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Awesome Alfredo Veggie Pasta Totally Tempting Tomato Salad Fresh Fruit and Veggie Choices	Chicken Fajitas with Salsa and Cheese Sassy Salsa Salad Fresh Fruit and Veggie Choices	Cheesy Meatball Grinder Italian Roasted Chickpeas Fresh Fruit and Veggie Choices	Crispy Chicken Sandwich with Apple Slaw Crazy Corn Niblets Zippy Zucchini Fresh Fruit and Veggie Choices	NO SCHOOL! 
Meatless Monday, October 9	Travel Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
On Columbus Day, head straight for a great time! 	Orange Chicken with Asian Noodles Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Crispy Chicken Tenders Blazin' Baked Beans Rockin' Roasted Carrots Fresh Fruit and Veggie Choices	Tater-Topped Breakfast Casserole Amazing Apple Crumb Fresh Fruit and Veggie Choices	Homemade Pizza Selections Ragin' Red Apple Tossed Salad Fresh Fruit and Veggie Choices
Meatless Monday, October 16	Travel Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
Wonderful Waffles Berry Good Yogurt Parfait Tornado Potatoes Fresh Fruit and Veggie Choices	Taco Tuesday—Taco Salad Tomato and Corn salad Fiesta Black Beans Fresh Fruit and Veggie Choices	Mama's Marvelous Meatballs and Pasta Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Grilled Chicken Sandwich with Lettuce and Tomato Baked Apples Rockin' Roasted Carrots Fresh Fruit and Veggie Choices	Homemade Pizza Selections Tasty Tossed Salad Fresh Fruit and Veggie Choices
Meatless Monday, October 23	Travel Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Magnificent Macaroni and Cheese Totally Tempting Tomato Salad Apple Chips Fresh Fruit and Veggie Choices	Sweet and Sour Chicken Rad Rice Asian Carrot Fries Fresh Fruit and Veggie Choices	All American Cheeseburger Blazin' Baked Beans Roasted Potatoes Wedges Fresh Fruit and Veggie Choices	King Neptune Fish Nuggets Delicious Dinner Roll Cool Coleslaw Fresh Fruit and Veggie Choices	Homemade Pizza Selections Autumn Apple and Spinach Salad Fresh Fruit and Veggie Choices
Meatless Monday, October 30	Travel Tuesday, October 31	<p><i>Alternative Selections Offered Daily:</i> Bagel, Yogurt, Cheese Stick Deli Sandwich Choices Chef Salad</p>		<p>Lunch Menu = \$2.85 Reduced Price = \$0.40 Breakfast Served Daily Full Pay = \$1.75 Reduced Price = \$0.30 1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50</p>
Ooey Goey Grilled Cheese Sandwich Terrific Tomato Soup Fresh Fruit and Veggie Choices	Chicken Quesadillas Three Bean Salad Crazy Corn Niblets Apple Monster Mouths Fresh Fruit and Veggie Choices 			McIntosh Apples are New England's most popular Apple!

ADD \$ TO A STUDENT'S ACCOUNT AT mypaymentsplus.com USING STUDENT ID#
OR MAKE CHECK PAYABLE TO EAST HAMPTON CAFETERIA FUND

EHPHS is an Equal Opportunity Provider

