

## 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

# East Hampton Middle School Menu for October 2017

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

**\*\*Menu subject to change**

Meatless Monday, October 2	Travel Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Alfredo Veggie Pasta Marinated Tomato Salad Fresh Fruit and Veggie Choices	Classic Chicken Fajitas with Salsa and Cheese Fresh Salsa Salad Fresh Fruit and Veggie Choices	Cheesy Meatball Grinder Italian Roasted Chickpeas Crunchy Apple Slaw Fresh Fruit and Veggie Choices	Cheesy Bread Dunkers with Marinara Sauce Zesty Zucchini Fresh Fruit and Veggie Choices	<b>NO SCHOOL!</b> 
Meatless Monday, October 9	Travel Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
<small>On Columbus Day, head straight for a great time!</small> 	Orange Chicken with Asian Noodles Steamed Broccoli with Herb Seasoning Fresh Fruit and Veggie Choices	Crispy Chicken Tenders Blazin' Baked Beans Roasted Carrots Fresh Fruit and Veggie Choices	Tater-Topped Breakfast Casserole Bagel with Homemade Apple Butter 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
Golden 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 Roasted Parmesan Broccoli Fresh Fruit and Veggie Choices	Grilled Chicken Sandwich with Lettuce and Tomato Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Homemade Pizza Selections Mixed Greens Tossed Salad Fresh Fruit and Veggie Choices
Meatless Monday, October 23	Travel Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Creamy Macaroni and Cheese Marinated Tomato Salad Apple Sauce Fresh Fruit and Veggie Choices	Sweet and Sour Chicken Rad Rice Asian Carrots Fries Fresh Fruit and Veggie Choices	Creamy Chicken Alfredo Fresh Baked Garlic Bread Stick Italian Green Beans Fresh Fruit and Veggie Choices	Crispy Fish Sandwich with Pepper Jack Cheese Roasted Potato Wedges Blazin' Baked Beans 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	<b>Remember to check out the bottom of the menu for the Daily Alternate Selections</b>  <i>Deli Salads and Sandwiches still offered daily</i>		A great Halloween treat idea made with apples, jelly and sliced almonds  
Toasted Grilled Cheese Sandwich Terrific Tomato Soup Fresh Fruit and Veggie Choices	Chicken and Cheese Quesadillas Three Bean Salad Corn Niblets 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

ADD \$ TO A STUDENT'S ACCOUNT AT [mypaymentsplus.com](http://mypaymentsplus.com) USING STUDENT ID#  
OR MAKE CHECK PAYABLE TO EAST HAMPTON CAFETERIA FUND

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