

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 Memorial School Menu for October 2017

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

**Menu subject to change

Meatless Monday, October 2	Travel Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Awesome Alfredo Veggie Pasta Tummy Tempting Tomato Salad Fresh Fruit and Veggie Choices	Chicken Fajitas with Salsa and Cheese Sassy Salsa Salad Fresh Fruit and Veggie Choices	Meatball Grinder with Cheese 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 <i>On Columbus Day, head straight for a great time!</i> 	Travel Tuesday, October 10 Orange Chicken with Asian Noodles Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Wednesday, October 11 Crispy Chicken Tenders Blazin' Baked Beans Rockin' Roasted Carrots Fresh Fruit and Veggie Choices	Thursday, October 12 Tater-Topped Breakfast Casserole Amazing Apple Crumb Fresh Fruit and Veggie Choices	Friday, October 13 Homemade Pizza Selections Ragin' Red Apple Tossed Salad Fresh Fruit and Veggie Choices
Meatless Monday, October 16 Wonderful Waffles Berry Good Yogurt Parfait Tornado Potatoes Fresh Fruit and Veggie Choices	Travel Tuesday, October 17 Taco Tuesday—Taco Salad Tomato and Corn salad Fiesta Black Beans Fresh Fruit and Veggie Choices	Wednesday, October 18 Mama's Marvelous Meatballs and Pasta Power Punch Parmesan Broccoli Fresh Fruit and Veggie Choices	Thursday, October 19 Grilled Chicken Sandwich with Lettuce and Tomato Baked Apples Rockin' Roasted Carrots Fresh Fruit and Veggie Choices	Friday, October 20 Homemade Pizza Selections Tasty Tossed Salad Fresh Fruit and Veggie Choices
Meatless Monday, October 23 Magnificent Macaroni and Cheese Tummy Tempting Tomato Salad Apple Chips Fresh Fruit and Veggie Choices	Travel Tuesday, October 24 Sweet and Sour Chicken Rad Rice Asian Carrots Fries Fresh Fruit and Veggie Choices	Wednesday, October 25 All American Cheeseburger Blazin' Baked Beans Roasted Potatoes Wedges Fresh Fruit and Veggie Choices	Thursday, October 26 King Neptune Fish Nuggets Delicious Dinner Roll Cool Coleslaw Fresh Fruit and Veggie Choices	Friday, October 27 Homemade Pizza Selections Autumn Apple and Spinach Salad Fresh Fruit and Veggie Choices
Meatless Monday, October 30 Ooey Goey Grilled Cheese Sandwich Terrific Tomato Soup Fresh Fruit and Veggie Choices	Travel Tuesday, October 31 Chicken Quesadillas Three Bean Salad Crazy Corn Niblets Apple Monster Mouths Fresh Fruit and Veggie Choices 	<i>Alternative Selections Offered Daily:</i> Bagel, Yogurt, Cheese Stick Deli Sandwich Choices SunButter Sandwich	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	McIntosh Apples are New England's most popular Apple!

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