

East Hampton Center School Menu for March 2018

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

**Menu subject to change

Our Harvest of the Month is Leafy Greens

Dark leafy greens such as spinach, kale and swiss chard are some of the first early spring vegetables to pop out of the ground.

These cold hardy vegetables are packed with vitamins C, K and A, as well as Folate and Fiber.

Healthy Shamrock Shakes

- 1/2 cup vanilla Greek yogurt
- 3/4 cup milk
- 1 very ripe Banana
- 1 cup loosely packed fresh spinach or kale
- 4 mint leaves
- Optional = 1 TBSP Maple Syrup

Puree in blender until smooth.

Green leafy vegetables may be one of the best cancer-fighting foods due to their high levels of phytonutrients. Studies have shown that eating 2 – 3 servings of leafy greens per week may reduce the risk of stomach, breast and skin cancer.

Lunch Menu = \$2.85 Reduced Price = \$0.40		Alternative Selections Offered Daily: Coming Mid-March — New Twisted Cheesy Breadstick with Marinara Sauce Bagel, Yogurt, Cheese Stick Deli Sandwich Choices Chef Salad		Thursday, March 1 Crispy Chicken Tenders Sweet Potato Waffle Fries Blazin' Baked Beans Fresh Fruit and Veggie Choices	Friday, March 2 Happy B-day Dr. Seuss Cat in The Hat Stuffed Crust Pizza Grinchy Green Salad The Cat's Tomato and Mozzarella Hat Truffula Fruits and Veggies
Meatless Monday, March 5 Cheesy Pizza Bagel Bites Lean Mean Green Beans Fresh Fruit and Veggie Choices	Travel Tuesday, March 6 Taco Tuesday—Taco Tub Salad Mexican Corn Salad Fresh Fruit and Veggie Choices	Wednesday, March 7 BBQ Chicken Bites Power Punch Parmesan Broccoli Cheesy Spinach Bites Fresh Fruit and Veggie Choices	Thursday, March 8 Wonderful Waffles and Sizzlin' Sausages Sweet Potato Smiles Fresh Fruit and Veggie Choices	Friday, March 9 Homemade Pizza Selections Chillin' Chick Pea Salad Italian Tomatoes Fresh Fruit and Veggie Choices	
Meatless Monday, March 12 Oooey Gooney Grilled Cheese Sandwich Terrific Tomato Soup Fresh Fruit and Veggie Choices	Travel Tuesday, March 13 Cheesy Baked Meatballs in Marinara Sauce Fresh Baked Garlic Breadstick Rad Roasted Carrots Fresh Fruit and Veggie Choices	Wednesday, March 14 Crispy Chicken Sandwich Blazin' Baked Beans Kale Chips Fresh Fruit and Veggie	Thursday, March 15 Berry Good Parfait Holly's Homemade Muffin Petite Potato Puffs Fresh Fruit and Veggie	Friday, March 16 Double Stuffed Crust Pizza Spinach and Citrus Salad Fresh Fruit and Veggie Choices	
Monday, March 19 March Madness Macaroni and Cheese Lucky Leafy Lettuce Cups Pot O' Gold Corn Shamrock Cookie Rainbow of Fresh Fruits and Veggies	Tuesday, March 20 Cheesy Chicken Quesadillas Fiesta Black Beans Caliente Carrots Fresh Fruit and Veggie Choices	Wednesday, March 21 Mega Meatball Grinder Sweet Potato Smiles Fresh Fruit and Veggie Choices	Thursday, March 22 Cluckin' Nuggets Corn Muffins Zucchini Chips Fresh Fruit and Veggie Choices	Friday, March 23 Homemade Pizza Selections Rip Roarin' Romaine Salad Fresh Fruit and Veggie Choices	
Meatless Monday, March 26 Marvelous Mozzarella Sticks with Mouthwatering Marinara Sauce Tiny Tree Top Broccoli Fresh Fruit and Veggie	Travel Tuesday, March 27 Chicken Caesar Salad Delicious Dinner Roll Fresh Fruit and Veggie Choices	Wednesday, March 28 Power Pancakes and Sizzlin' Sausages Sweet Potato Waffle Fries Fresh Fruit and Veggie Choices	Thursday, March 29 Popular Popcorn Chicken All American Roasted Potatoes Krazy Kale and Craisin Salad Fresh Fruit and Veggie Choices	1% White Milk or Fat Free Chocolate Milk available with all menu options or sold separately for \$0.50	

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