


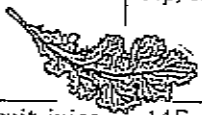





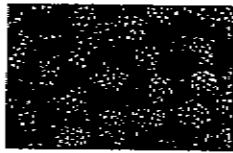


EES Breakfast/Lunch Menu for May 2019

SCHOOL LUNCH HERO DAY

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cereal, toast, fruit, juice Lunch-A-Round cheese pizza, baked beans, tri colored peppers, carrots/ dip, choice of 2 fruits	2 Stuffed cream cheese bagel, juice, fruit School Lunch Hero Day!!!! Mashed potatoes, peas, fish sticks, cottage cheese, choice of 2 fruits	3 Cin bread, juice, fruit Hot dogs/ buns, sweet potato fries, broccoli florets, dip, choice of 2 fruits
 <p>6 Breakfast pizza, fruit, juice Mad Hatter Hat Day!!!!!! Bow tie pasta mac and cheese, glazed carrots, spinach salad, choice of 2 fruits</p>	7 Cereal, toast, juice, fruit White Rabbit!!! Taco salad, garlic bread, carrot sticks, celery sticks/ dip, choice of 2 fruit	8 Pop tart, string cheese, fruit, juice Tweedle Dee/ Tweedle Dum Pizza, baked beans, peppers, cucumber coins/ dip, choice of 2 fruits	9 Pancake, sausage on a stick, syrup, juice, fruit Jack, Queen of Hearts Breakfast for lunch!!! Breakfast sand., hash browns, corn, juice, fresh fruit	10 Hot muffin, juice, fruit Tea Party, Fancy day!! Finger sandwiches, veggie tray, fruit salad, fresh fruit, special treat
 <p>13 Bagel, c. cheese, fruit, juice Froggy Day Chicken nuggets, seasoned rice, roasted broccoli, celery sticks, dip, choice of 2 fruits</p>	 <p>14 Egg, toast, fruit, juice Chicken Caesar salads, carrot sticks/ dip, wheat roll, choice of 2 fruit</p>	 <p>15 Cereal, toast, fruit, juice Cheese pizza, baked beans, spring salad, grape tomatoes/ dip, choice of 2 fruit</p>	 <p>16 Banana bread, juice, fruit Dora Day!!! Taco's, cucumber coins, celery sticks, dip, choice of 2 fruits</p>	 <p>17 French toast sticks, juice, fruit Tuna boats, veggie tray / dip, gold fish crackers, choice of 2 fruits</p>
 <p>20 Zucchini bread, fruit, juice Rubber Duck Day!! Chicken pattie/ bun, carrot fries, broccoli/ dip, choice of 2 fruits</p>	<p>21 Hot muffin, fruit, juice Cheese quesadilla's, baked beans, cucumbers, celery sticks/ dip, choice of 2 fruits</p>	<p>22 Waffle sticks, syrup, juice, fruit Shepherd's pie, coleslaw, wheat roll, choice of 2 fruits</p>	<p>23 Cereal, toast, fruit, juice Corndogs, radishes, baby carrots/ dip, choice of 2 fruit</p>	<p>24 Breakfast sand., juice, fruit Corduroy Day!! Sun butter/ jelly crustables, cauliflower florets, peppers/ dip, choice of 2 fruits</p>
<p>27 No School Memorial Day </p>	<p>28 Cereal, toast, fruit, juice American Pork rib/ bun, radishes, broccoli florets/ dip, choice of 2 fruits</p>	<p>29 Pancakes, syrup, juice, fruit Patriot burgers/ bun, carrot and cucumber spears/ dip, apple pie, choice of 2 fruits</p>	<p>30 Yogurt, crackers, fruit, juice Pizza mix, baked beans, Caesar salad, peppers/ dip, choice of 2 fruits</p>	<p>31 Mystery breakfast, juice, fruit Turkey grinders, grape tomatoes, celery sticks/ dip, baked chips, choice of 2 fruits</p>

Milk served with all meals, fat free chocolate, 1%, or skim, Choice of sandwich offered daily, Chef salad offered daily to grades K-5. Yogurt/crackers is offered daily as a main choice for breakfast. Menu subject to change. This institution is an equal opportunity provider.



Fresh Fruit and Vegetable Program Monthly Menu

Month: May 2019

Subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Clementines	2 Plums	3 Strawberries
4 Pear	7 Apples	8 Pineapple	9 Pet. banana	10 Blackberries
13 Apples	14 Peppers	15 Oranges	16 Kiwi	17 Raspberries
20 Apples	21 String Beans	22 Kirby cukes	23 Clementines	24 Blue berries
27 NO School	28 Apples	29 Pet. banana	30 Grapes	31 Strawberries



Mixed Greens

Home | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Kid-Friendly Eating Tips

- Give arugula pesto a try as a sandwich spread!
- Use bib or butterhead lettuce as a wrap.
- Sauté chard, collards, pac choy or spinach with garlic, olive oil, salt, and pepper; serve it on its own or add to scrambled eggs, soup, or a baked dish.
- Toss pea or sunflower shoots in with a pasta dish or potato salad.
- Taste test a variety of dressings on any type green.

Storage Tips

- **Arugula and Lettuce:** store 2-5 days in the fridge, depending on the variety; place in a perforated plastic bag, loosely wrapped in a damp paper towel or place in an airtight container.
- **Spinach:** stores 4-5 days in the fridge.

Tidbit

The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

Cooking Tips

- To avoid spoilage, wash greens right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.
- Arugula can be eaten raw or cooked.
- Spinach cooks quickly (1-3 minutes) and reduces considerably in volume.
- Limp greens can be revitalized by plunging them into ice cold water.

Recipes ∞

Honey-Dijon Vinaigrette Dressing

Honey-Dijon Vinaigrette Dressing

Yield: ½ cup

Ingredients:

6 Tbsp. olive oil
2 Tbsp. cider vinegar
2 tsp. honey
1 tsp. fresh grated ginger,
or ½ tsp. dried ginger
1 tsp. dijon mustard
½ tsp. garlic, minced
salt and pepper, to taste

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.



Sesame-Soy Dressing

Sesame-Soy Dressing

Yield: ¾ cup

Ingredients:

½ cup canola oil
½ cup rice vinegar
½ cup soy sauce
1 tsp. sesame oil
1 tsp. honey
½ tsp. pepper
optional: fresh chives

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.

