



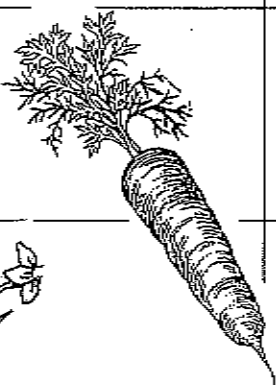
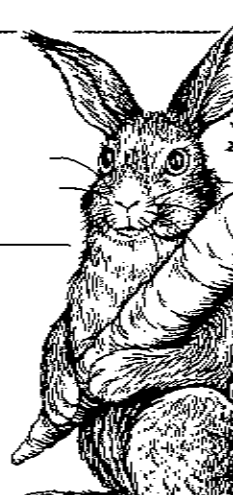




# EES Breakfast/Lunch Menu for April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Pop tarts, string cheese, fruit, juice</p> <p>Turkey sand., baby carrots, celery sticks, baked chip, choice of 2 fruits</p> 	<p>2 Cereal, toast, juice, fruit</p> <p>Lunch-A-Round cheese pizza, baked beans, cucumbers, garden salad, choice of 2 fruits</p>	<p>3 Yogurt/ maple granola, crackers, fruit, juice</p> <p>Shepherd's pie, cottage cheese, glazed carrots, wheat roll, choice of 2 fruits</p>	<p>4 Pancakes, syrup, juice, fruit</p> <p>Chicken alfredo, sweet peas, grape tomatoes/ dip, choice of 2 fruits</p>	<p>5 Cin. bread, juice, fruit</p> <p>Ham and cheese bagel, carrot and celery sticks/ dip, choice of 2 fruits</p>
<p>8 Egg, toast, juice, fruit</p> <p>Goulash, green beans, garlic bread, celery sticks/ dip, choice of 2 fruits</p>	<p>9 French toast sticks, syrup, juice, fruit</p> <p>Corndogs, broccoli and cauliflower florets/ dip, choice of 2 fruits</p>	<p>10 Cereal, toast, fruit, juice</p> <p>Lunch-A-Round pepperoni and cheese pizza, baked beans, broccoli, cucumber coins/ dip, choice of 2 fruits</p>	<p>11 Hot muffin, juice, fruit</p> <p>Fish sticks, tater sauce, seasoned rice, carrot salad, sweet peas, choice of 2 fruits</p>	<p>12 Banana yogurt splits, crackers, juice</p> <p>Chicken pattie /bun, carrot fries, grape tomatoes/ dip, choice of 2 fruits</p>
<p>15 Bagel/ c.cheese, fruit, juice</p> <p>Taco's, carrot and celery sticks/ dip, choice of 2 fruits</p> 	<p>16 Trix yogurt, crackers, fruit, juice</p> <p>Lunch-A-Round cheese pizza, baked beans, broccoli, cucumbers/ dip, choice of 2 fruits</p>	<p>17 Waffles, syrup, juice, fruit</p> <p>Chicken Caesar Salads, ww roll, grape tomatoes, choice of 2 fruits</p>	<p>18 Cereal, toast, fruit, juice</p> <p>Barbequed pork ribs/ bun, corn, tri colored peppers/ dip, choice of 2 fruits</p>	<p>19 Banana bread, juice, fruit</p> <p>Cheeseburger, carrot fries, veggie tray/ dip, choice of 2 fruits</p>
<p>22</p> <p>Vacation</p> 	<p>23</p> <p>Vacation</p> 	<p>24</p> <p>Vacation</p>	<p>25</p> <p>Vacation.</p> 	<p>26</p> <p>Vacation</p> 
<p>29 Breakfast sand., juice, fresh fruit</p> <p>Cheese quesadillas, baked beans, carrot sticks, green beans/ dip, choice of 2 fruits</p>	<p>30 Mystery breakfast, juice, fruit</p> <p>Shrek Day!!</p> <p>Shrek Dogs/ bun, swap veggies, donkey fruit, mud pudding!!</p> 			

*Happy Spring!*

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: April

Subject to change



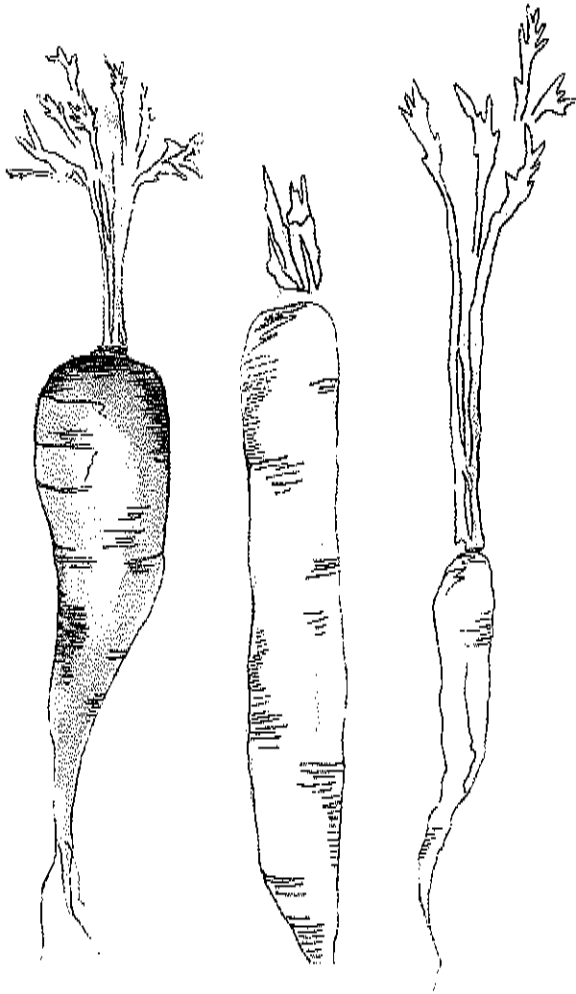
Monday	Tuesday	Wednesday	Thursday	Friday
1 Clementine	2 Apple	3 Rainbow Carrots	4 Kiwi	5 Strawberries
8 Apple	9 Raspberries	10 Grapes	11 Pet banana	12 Blueberries
15 Kirby Cukes	16 Apple	17 Pear	18 Orange	19 Blackberries
29 Apple	30 Carrot sticks			



# CARROTS

Home | [VermontHarvestoftheMonth.org](http://VermontHarvestoftheMonth.org)

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



## DIPS AND DIPS

- Try carrot sticks with a variety of dips - like hummus or salsa - and decide which is the best pair with the carrots.
- Use the leafy tops of carrots as stamps with washable paint.

## STORAGE TIPS

- Trim off greens before storing carrots.
- Carrots store well in the fridge and can last for about 1-3 weeks. To keep them even longer, wrap them in a paper towel to protect them from condensation.
- Don't store carrots near fruits or vegetables like apples, pears, or potatoes. The ethylene gas that these foods give off will cause carrots to go bad quickly and become bitter.
- Carrots can be blanched and frozen for up to one year.

## FOOD

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple, or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

## SELECTION TIPS

Always choose carrots that are brightly colored and feel firm. Avoid carrots that feel limp or are sprouting.

## COOKING TIPS

- There's no need to peel carrots unless they are going bad but be sure to wash them well.
- If you choose to peel your carrots, save the peels to simmer in stock.
- Avoid overcooking carrots to ensure nutritional value and good flavor.
- Typically the taproot is eaten but the leafy green tops can be eaten too. You can sauté them with olive oil or cook them into a soup or stock.

# CARROTS

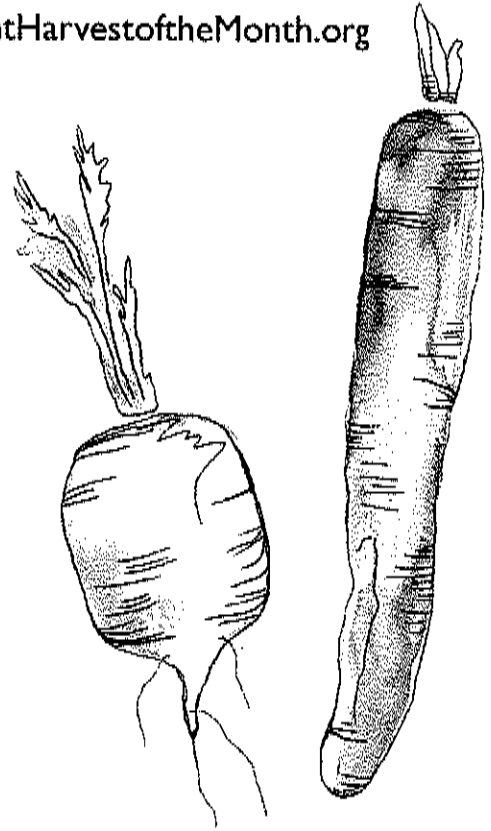
Home | VermontHarvestoftheMonth.org

## Benefits

Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.

## Fun & Creative Cooking Tips

- Add shredded carrots to any salad
- Bake with carrots—they can be used as a main ingredient in cakes, muffins, and cookies.
- Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries



## Recipes

### Carrot Muffins

**Yield:** 30 Servings

#### Ingredients:

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 1 Tbsp. baking soda
- 1 Tbsp. cinnamon
- 1 tsp. nutmeg
- 3 whole eggs
- 1/4 cup vegetable oil
- 1 1/2 cup brown sugar
- 1 tsp. vanilla
- 1 3/4 cup unsweetened applesauce
- 2 1/4 cups shredded carrots

#### Directions:

1. In a large bowl, mix flour, baking soda, cinnamon and nutmeg.
2. In a second bowl, lightly beat eggs; stir in oil, sugar and vanilla. Add applesauce and carrots. Mix well.
3. Add wet ingredients into flour mixture, stirring just to blend.
3. Pour into prepared muffin tins
4. Bake in a preheated 350 degree oven for 45-50 minutes or until just done.

Source: GMFTS

### Baked Carrot Fries

#### Ingredients:

- 3 lbs carrots
- 3 cloves garlic, minced
- 2T olive or canola oil
- 1/2 t salt
- 2T finely chopped fresh rosemary
- Pinch of pepper

#### Directions:

1. Preheat oven to 425 degrees
2. Oil a baking sheet
3. Cut carrots into thin strips
4. In a bowl, combine oil, garlic, rosemary, salt, pepper, and carrot strips. Stir or toss to coat evenly.
5. Spread sticks out evenly on baking sheet.
6. Bake for 20 minutes or until tender and crispy.

Source: Gardens For Learning Kids Kitchen: Best Recipes of GFL, Food Works at Two Rivers Center