



EES NEWSLETTER

NO After School Program the week we return from Holiday Recess, January 2 & 3.

December Upcoming Events

Monday	Tuesday	Wednesday	Thursday	Friday
24 NO School	25 NO School	26 NO School	27 NO School	28 NO School
NO School 31				

January Upcoming Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Back To School Walk to School Day NO ASP	3 NO ASP	4
7	8	9	10	11
14	15	16	17 Ski Day 8:30-2:30 Last Day of ASP, Session 2	18
21 NO School-Martin Luther King Day	22	23	24	25









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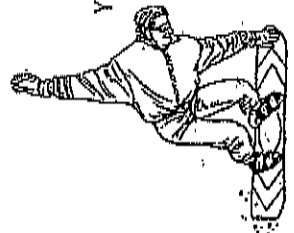
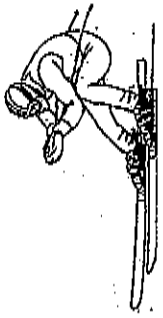
3RD ANNUAL NOON YEAR'S EVE PARTY

Traveling Storyteller
"The Gingerbread Baby"
at 10:30 am on
December 31st
followed with crafts and
countdown to noon!
Snacks will be provided

EES Breakfast/Lunch Menu for January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7 Hard boiled egg, scooby crackers, juice, fruit Lunch-A-Round cheese pizza, baked beans, cucumber coins, celery sticks/ dip, choice of 2 fruits</p>	 <p>8 Cereal, toast, juice, fruit Breakfast for lunch!!! Pancakes, sausage links, potato wedges, corn, juice, fresh fruit</p>	<p>2 Cereal, toast, fruit, juice Spaghetti and meat sauce, Caesar salad, tri colored peppers/ dip, garlic sticks, choice of 2 fruits</p>	<p>3 Pancake, syrup, juice, fruit Chicken nuggets/ seasoned rice, roasted beets, cucumber coins/ dip, choice of 2 fruits</p>	<p>4 Cin. bread, juice, fruit Winnie the Pooh B. Day!!! Pooh burgers/ bun, rumbly tumbly sweet potato fries, broccoli/ dip, baked beans, choice of 2 fruits</p>
<p>14 French toast, syrup, juice, fruit Sweet n Sour pork over rice, corn, roasted beets, choice of 2 fruit</p> 	<p>15 Breakfast sand., juice, fruit Salisbury steak, potato wedges, green beans, choice of 2 fruits</p>	<p>9 French toast sticks, syrup, juice, fruit Turkey and biscuits, coleslaw, sweet peas, choice of 2 fruits</p>	<p>10 Hot muffin, juice, fruit Goulash, green beans, carrot sticks/ dip, choice of 2 fruits</p>	<p>11 Bagel/ c, cheese, juice, fruit Beach Party!!! Chicken salad sand., party mix, tri colored peppers, broccoli florets/ dip, choice of 2 fruits</p>
<p>21 No School MLK Day</p>	<p>22 Pop tart, string cheese, juice, fruit Shepherd's pie, cottage cheese, wheat roll, choice of 2 fruits</p>	<p>16 Cereal, toast, juice, fruit Chicken noodle soup, grilled cheese sand., carrot and celery sticks/ dip, choice of 2 fruits</p>	<p>17 Banana bread, juice, fruit Stuffed crust cheese pizza, baked beans, broccoli, grape tomatoes/ dip, choice of 2 fruits</p>	<p>18 Pancake, sausage on a stick, syrup, juice, fruit Ham and cheese on a bagel, cucumber coins, tri colored peppers/ dip, choice of 2 fruits</p>
<p>28 Cereal, toast, juice, fruit Hotdog/bun, baked beans, baby carrots, pickled beets, choice of 2 fruits</p>	<p>29 Bagel/ c. cheese, fruit, juice Lunch-A-Round Cheese pizza, side green salad, cucumber coins/ dip, choice of 2 fruits</p>	<p>23 Oatmeal, toast, juice, fruit Cheesy pizza sticks, marinara sauce, baked beans, broccoli florets, tri colored peppers, choice of 2 fruits</p>	<p>24 Cereal, toast, fruit, juice Taco's, cucumber coins, assorted veggies/ dip, choice of 2 fruits</p>	<p>25 Breakfast sand., juice, fruit Cheeseburger, sweet potato fries, grape tomatoes/ dip, 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.

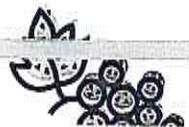
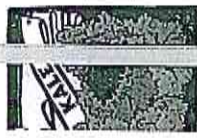




Fresh Fruit and Vegetable Program Monthly Menu

Month: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Clementines	3 Apple	4 Strawberries
7 Apple	8 Plum	9 Kirby Cukes	10 Red Grapes	11 Pet. Banana
14 Kiwi	15 Apple	16 Baby Carrots	17 Pear	18 Blueberries
21 No School	22 Black Grapes	23 Orange	24 Pineapple	25 Raspberries
28 Clementines	29 Green Beans	30 Apple	31 Blackberries	



BEETS

Home | VermontHarvestoftheMonth.org

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

Storage Tips

- De-stem beets 1-2 inches about the root crown. Roots will keep for 2-4 weeks in the refrigerator, up to 3 months in a dark cellar.
- Store unwashed greens in a damp paper towel or perforated plastic bag, will last 3-5 days in the refrigerator.
- To freeze: Blanch for 2 minutes or cook and purée, and then place in a labeled and dated freezer-grade bag.

Selection

Choose beets that are firm and free of bruises. Select similar-sized roots to ensure even cooking. Beet Greens: If they are still intact and you plan to cook them, make sure they're not wilted and have a healthy green color. Otherwise, the quality of the greens is not an indication of the quality of the root.

Cooking Tips

- No need to peel, scrub roots clean; trace minerals lie just below the surface of the skin.
- Allow 30-60 minutes to boil or steam beets, depending on size; when the beets are fully cooked, you can easily pierce a fork through them.
- Peeling and chopping before boiling or steaming cuts down on the cooking time
- Baking or roasting beets best preserves their flavor.
- Try steaming or sautéing beet greens in place of spinach or chard in other recipes.



Kid Friendly Eating Tips

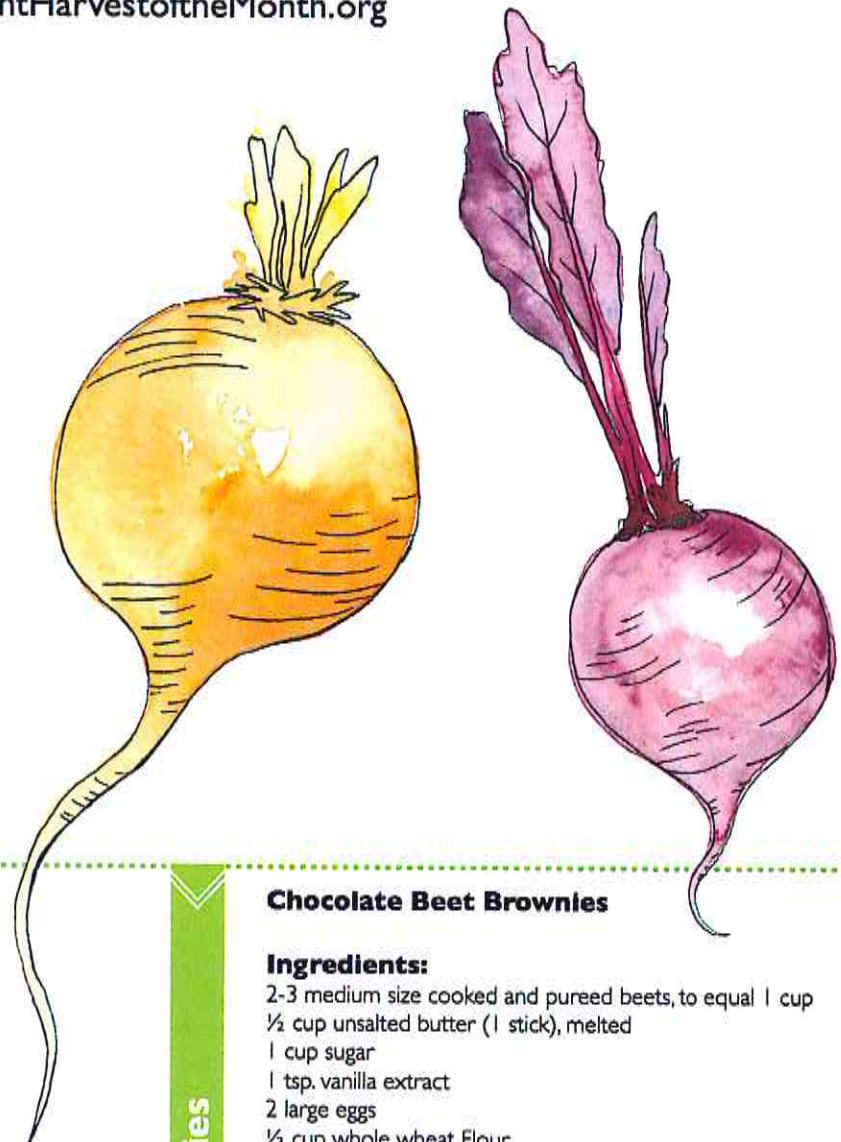
- Try pickling thinly-sliced beets!
- Grated raw beets are an excellent addition to a salad
- Beet greens can be treated like spinach or chard: sauté or use for a salad
- Cube and roast beets, with olive oil and your choice of herbs or with a honey or maple syrup glaze

Tidbit

Beets are fleshy roots that store well in the winter. Beets come in an array of colors, from golden yellow and deep purple, to red and white striped. These roots can be eaten raw or cooked: grate them for a fresh salad, or glaze them with a balsamic-honey blend and roast.

BEETS

Home | VermontHarvestoftheMonth.org



Recipes

Grated Beet and Carrot Salad

Grated Beet and Carrot Salad

Yield: 4-6 servings

Salad Ingredients:

- 2 beets
- 2 parsnips
- 4 carrots
- 1 cup shredded cabbage

Honey-Ginger Dressing:

- 1 tsp. grated fresh ginger or 1/3 tsp. dried ginger
- 2 Tbsp. honey
- 1 Tbsp. orange juice
- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil

Directions:

1. Clean and grate vegetables, keeping beets separate.
2. There is no need to peel, just scrub! To save time, shred the vegetables using a food processor.
3. Mix together dressing ingredients.
4. Add dressing to vegetables.
5. Mix in beets last.
6. Let sit 1 hour before serving

Source: VT FEED "A Guide for Using Local Food in Schools," edited by GMFTS

Chocolate Beet Brownies

Chocolate Beet Brownies

Ingredients:

- 2-3 medium size cooked and pureed beets, to equal 1 cup
- 1/2 cup unsalted butter (1 stick), melted
- 1 cup sugar
- 1 tsp. vanilla extract
- 2 large eggs
- 1/2 cup whole wheat flour
- 1/3 cup unsweetened cocoa powder
- 2 tablespoons strong black coffee (optional)
- 1/2 cup chocolate chips

Directions:

1. Preheat oven to 350° F. Grease an 8 x 8" pan. Set aside.
2. Combine butter and sugar. Add eggs, vanilla, coffee, and beets.
3. Whisk dry ingredients. Flour and cocoa powder. Fold in beet mixture, add chocolate chips. Pour into prepared pan.
4. Bake 30 minutes or until toothpick in center comes out clean. Cool completely before cutting.

Source: www.earlymorningfarm.com/chocolate-beet-brownies/