



**Eastmont School District
Kids Way Café Elementary Menu**

1 Pizza Pocket or Ham & Cheese Wrap	2 Beef Taco Grande or Lift - Off Snack Pack	3 Hearty Beef Chili or Taco Salad	4 Golden Corn Dog or Italian Sandwich	5 Waffles or Yogurt w/ Fresh Fruit
8 Teriyaki Dippers & Steamed Rice or Chicken Ranch Wrap	9 Bean & Cheese Burrito or Italian Salad	10 Creamy Macaroni & Cheese or Popeye Fun Salad	11 Meatball Sub Sandwich or Club Wrap	12 Pancakes or Tuna Fish Sandwich
15 Hot Dog on a Bun or Ham & Cheese Wrap	16 Soft Chicken Taco or Lift - Off Snack Pack	17 Spaghetti Taco or Chef Salad	18 Beef Rib BQ Sandwich or Italian Sandwich	19 French Toast or Yogurt w/ Fresh Fruit
22 Teriyaki Dippers & Steamed Rice or Chicken Ranch Wrap	23 Cheesey Nachos & Refried Beans or Italian Salad	24 Hawaiian Pizza or Chicken Caesar Salad	25 Parent/Teacher Conferences No School K-12	26 Parent/Teacher Conferences No School K-12
	30	31	Spring Break --- March 29th – April 2nd	
			1	2

	Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Items:		Chicken Sandwich Chicken Nuggets		Hamburger Cheeseburger	
Pizza:	Pepperoni Pizza Cheese Pizza		Pepperoni Pizza Cheese Pizza		Pepperoni Pizza Cheese Pizza
Deli:	<i>Our deli offers the following delicious sandwiches on a daily basis:</i>				
	Ham & Cheese Sandwich		Turkey & Cheese Sandwich		Hero Combo Sub

A Meal includes: Entrée, unlimited selections from the offering bar, and a variety of milk. Menu is subject to change.

Every lunch includes an unlimited offering bar. Kids can fill their plates with all the fruits and veggies they desire when they go through the lunch line. Items on our salad bar include:
Salad mix w/ Spinach, Cucumbers, Oranges, Coleslaw, Carrots, Corn, Apples, Green Beans, Broccoli, Peas, Bananas, Variety of Canned Fruit like peaches, pears, applesauce, and pineapple

Achievement: Start Your Day on “FULL”

You’ve heard by now that breakfast is the most important meal of the day, right? But yet, so many children and adults start their day on an empty stomach. It can be tough to wake sleepy kids and get them fueled-up in time for school, but it’s important to keep trying. Breakfast gets kids ready to learn, it helps control appetite and nibbling throughout the day, and it prevents nagging tummy aches or hunger pangs.

For breakfast sometimes you need to “think outside the box”. You can try some nontraditional breakfast ideas, but always try to include whole grains, fiber and protein. Try a slice of whole grain toast with melted cheese and apple slices, half of a sandwich and a cup of low-fat milk, rice and beans with fruit, yogurt topped with a favorite cereal, or a whole wheat pita stuffed with scrambled eggs. Ask your kids about their favorite ideas and make a plan to eat breakfast everyday!!

Broccoli is a Super-Duper Food

Broccoli is a super-duper because it’s packed full of healthy body nutrients. These mini-trees are low in calories, high in vitamin C and a good source of folate and vitamin A. Broccoli also contains powerful cancer fighting compounds as well as promotes healthy heart and eyes.

Broccoli can be found year-round in fresh and frozen forms. Fresh broccoli typically comes from California and Arizona during the winter months.

To select good-quality fresh broccoli, it should have a fresh-looking, light-green stalks of consistent thickness. The florets should be compact and dark green and may have some purple tinge.

Broccoli can be eaten raw on a garden salad or dipped in lite-dressings. It can also be steamed and topped with a little black pepper or low-fat cheese, sautéed with onions and bell peppers and served over rice or noodles, or boiled like in the recipe to the right, Lemon Garlic Broccoli Salad.

Broccoli is a super-duper food, so keep munching on this nutrient-rich vegetable.

Lemon Garlic Broccoli Salad Six 1/2-cup servings

2 heads fresh or 1 (14 oz) bag frozen
Broccoli
2 quarts Water
1 pound Whole Wheat Penne Noodles
2 tablespoons Olive Oil
1 tablespoon Lemon Juice
2 cloves Fresh Garlic, minced or 1 teaspoon
Garlic Powder
1/2 teaspoon Salt
1 teaspoon Red Pepper Flakes, optional

Wash and cut fresh broccoli into florets.

Bring water to boil in a medium-sized pot. When water boils, add noodles then return to boil for 5-minutes. Add broccoli and boil for another 5-minutes. Drain broccoli and noodles and set aside.

Mix oil, lemon juice, garlic, salt and red peppers (optional) in a medium-sized bowl. Add broccoli mixture to sauce and stir well.

If using fresh garlic, wait 3-minutes before serving. Enjoy! Cover and refrigerate leftovers up to 3 days.

*Calories: 120
Total Fat: 3g Protein: 5g
Total Carbohydrate: 21g*

Eastmont School District Meal Prices:

Full Price Students K - 4: Breakfast \$1.25, Lunch \$2.05 ; 5 – 12: Breakfast \$1.50, Lunch \$2.30

Reduced Price K - 3 - Breakfast \$0.00, Lunch \$0.00

Reduced Price 4 - 12 - Breakfast \$0.00, Lunch \$0.40

All meals include a variety of milk. Menu subject to change.

You may qualify for free or reduced price meals. Applications are available at all schools. For questions regarding the food service program, please call the food service office at (509) 884-3026.