



MARCH



#EPS_Cafe
Elementary Menu
2019-2020

Payment Information



My Payments Plus is your way to stay informed of your students meal account. Create a **FREE** account at:

www.mypaymentsplus.com and then download the free app onto your phone to have access to do the following:

- Set up to receive **low balance push notifications** & to make **reoccurring automatic payments**
- **Prepay** (small fee for online payments & automatic payments)
- View meal history purchases

ADDITIONAL PAYMENT METHODS

- **Checks** payable to: *Everett Public Schools*. Use the comment line for your students full name or number.
- **Cash** should be put in a sealed envelope with your students full name or number on it.

DID YOU KNOW?

SCHOOL BREAKFAST OUT OF THIS WORLD!

School breakfast week is March 2 through 6.

- Participating in school breakfast is associated with improved test scores.
- Eating breakfast at school can help busy families save time in the morning.



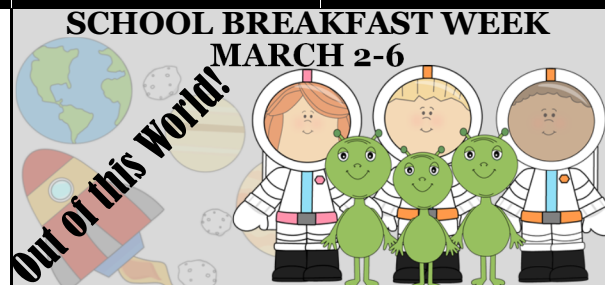
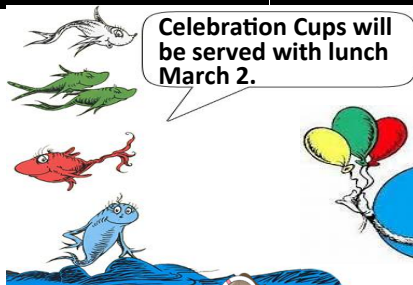
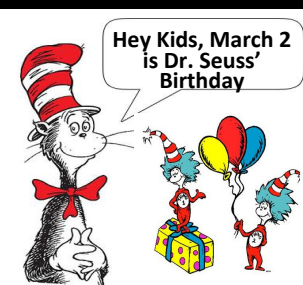
Monday

Tuesday

Wednesday

Thursday

Friday



2 Breakfast
Cheesy Orbit Omelet

3 Breakfast
Mini Moon Pancakes

4 Breakfast
Saturn Cinnamon Roll

5 Breakfast
Rocket Fruit Smoothie

6 Breakfast
Astronaut Pizza

Dr. Seuss' Birthday
1 Fish, 2 Fish
Fish Nuggets
Emoji Potatoes
Celebration Cups

Rockin' Cheesy Ravioli & Garlic Toast
Roasted Carrots
Peppy Peaches

Peppy Personal Pizza
Classic Caesar Salad
Mixed-Up Berries

Golden Hot Dog Roll-Up or Hot Diggity Hot Dog
Bouncin' Baked Beans
Chilly Strawberries

Favorite Chicken Burger
Crinkly Fries
Perfect Pears

9 Breakfast
Egg Sandwich

10 Breakfast
French Toast Sticks

11 Breakfast
Cinnamon Roll

12 Breakfast
Hawaiian Breakfast Roll

13 Breakfast
Breakfast on a Stick

Drummin' Chicken Drumstick & Flakey Biscuit
Mashed Potatoes
Plump Blueberries

Mama Mia's Spaghetti & Garlic Toast
Lean Green Beans
Juicy Peaches

Mandarin Orange Chicken over Rice & Fortune Cookie
Bright Broccoli
Jumbled-Up Berries

Cheese Zombie or Toasted Cheese Sandwich
Cabbage Patch Soup
Sweet Strawberries

Macho Nacho Grande
Peppy Pinto Beans
Perky Pears

Additional Daily Offerings

Have Breakfast at School

The Garden Spot
A variety of fresh fruits and veggies.
*A variety of milk is served at every meal.

Additional Lunch Entrée Choices:
1. PB&J Sandwich
2. Yogurt Combo (yogurt, string cheese, cracker & granola).



Choose from the delicious hot menu item or from a variety of reduced sugar, whole grain cold cereal options. All served with fruit, juice and milk. Breakfast is only \$1.25! If you qualify for free or reduced priced meals then your breakfast is FREE.

Prices: Breakfast Lunch

Full Price \$1.25 \$3.00
Reduced, K-3 FREE FREE
Reduced, 4-5 FREE \$0.40

ALL student breakfasts are FREE at Hawthorne.
Second meals for ALL students are full price.




A la carte Prices:

Milk or Juice \$0.55 Whole Grain Cookie \$0.35
Sorbet Fruit Cups \$0.85 Fresh Veggies \$0.85

APPS & Social Media

Apps are available for download. The district's mobile app makes it convenient to have one app on your mobile device that gives you access to school menus and meal payments.

Everett Public Schools is on Facebook, Twitter & Instagram. Look for #EPS_Cafe for posts regarding Food & Nutrition. Snap a picture of your snacks and food trays and use #EPS_Cafe to share.


Monday	Tuesday	Wednesday	Thursday	Friday
16 Breakfast Breakfast Casserole	17 Breakfast Pot of Gold Mini Waffles	18 Breakfast Cinnamon Roll	19 Breakfast Yogurt Parfait	20 Breakfast Mini Calzone
Olé Beef Soft Taco & Cheery Churro Bustlin' Refried Beans Sweet Blueberries	Rainbow Ham & Cheese Ripper  Lucky Caesar Salad Leprechaun Kiwi	Golden Nuggets (Chicken or Fish) Busy Brussels Sprouts Mixed-Up Berries	Kid's Hamburger or Fishwich <i>First day of Spring!</i> Broccoli Salad Chilly Strawberries	It's A Homemade Pizza! Champion Corn Perfect Pears
23 Breakfast Breakfast Quiche	24 Breakfast Mini Pancakes	25 Breakfast Cinnamon Roll	26 Breakfast Fruit Smoothie	27 Breakfast Pancake Bites
Terrific Teriyaki Beef Dippers & Rice Bright Broccoli Plump Blueberries	Homemade Macaroni & Cheese Busy Brussels Sprouts Perky Peaches	Peppy Personal Pizza Classic Caesar Salad Jumbled-Up Berries	Wacky Waffles & Sizzlin' Sausage  Skater Taters Sweet Strawberries	Favorite Chicken Burger <i>Early Release</i> Veggies & Hummus Peppy Pears
30 Breakfast Cheesy Omelet	31 Breakfast French Toast Sticks	 <p>"I love spring anywhere, but if I could choose I would always greet it in a garden." -Ruth Scott</p>		
Mini Cheese Calzone <i>Early Release</i> Classic Caesar Salad Sweet Blueberries	Best Cheesy Burrito <i>Early Release</i> Crisp Corn Salad Perfect Peaches			

SNACK CORNER

Broccoli Tots

Ingredients: 2 cups finely chopped frozen broccoli, 1 egg, 1/3 cup cheddar cheese, 2/3 cup breadcrumbs, 2 tbsp parsley, 1/2 tsp salt, 1/2 tsp pepper.

Directions: Preheat oven to 400, grease baking sheet. Mix broccoli with remaining ingredients. Scoop 1.5 tbsps and gently press between hands to form ball. Shape into tater-tot shape. Bake until golden brown and crispy 18-24 minutes, turning half way. Enjoy hot with your favorite dipping sauce!



RECIPE OF THE MONTH

Broccoli Salad


Yield: 7 cup servings

Ingredients:

Broccoli, raw	1 lb	Mayo	1/2 cup
Onion, yellow diced	1/2 medium	Vinegar, cider	1/4 cup
Raisins	1/2 cup	Sugar	1/4 cup
Salt	1/2 tsp	Pepper	1/4 tsp

Directions:

- Cut broccoli florets into bite size pieces then pour into a large bowl.
- Add raisins and onions.
- Prepare dressing (mayo, vinegar, sugar, salt and pepper).
- Pour dressing over vegetable and raisin mixture at least two hours before serving.
- Stir and chill.
- When serving, take care to continue mixing the salad because the raisins and dressing can fall to the bottom of the salad.
- Serve and enjoy!




Harvest of The Month

March is Broccoli Month

Broccoli is an excellent source of vitamin A, C, K and folate. All of which help maintain healthy blood, bones and skin. The most common type of broccoli sold in the U.S. is called sprouting broccoli.

Menu items featuring broccoli:
Steamed Broccoli-March 11 & 23
Broccoli Salad-March 19
Daily on the Salad Bar



Local Farmer Spotlight

SMUCKER'S GRAPES

The peanut butter and jelly sandwich on our menu is a local product provided by Smucker's. Smucker's harvest their grapes from the Yakima Valley and the Columbia Basin. This allows them to take advantage of the diverse agriculture and quality soil in the region. For the best flavor they wait until the grapes have reached their full maturity before harvesting. Within twelve hours of harvesting, grapes are shipped to Grandview, Washington to be processed.

