

### MEAL PRICES

	Breakfast	Lunch
Full Price	\$1.90	\$3.65
Reduced K-12	FREE	FREE
Adults	\$2.65	\$4.90
CEP SCHOOLS	--NO CHARGE--	
Second meals at all schools will be charged the full price rate.		

### A la Carte Prices

Check with your school kitchen for options and prices.

### DAILY MEAL OPTIONS

1. PB&J Sandwich
  2. Yogurt Combo (yogurt, string cheese, cracker & granola)
  3. Cold Sandwich
- A variety of milk, fruits and vegetables served at every meal!



### START YOUR DAY WITH BREAKFAST

SCAN ME



Participating in school breakfast is associated with improved math grades, attendance and punctuality! Our breakfast includes whole grain cinnamon rolls, reduced sugar cereals, yogurt parfaits, pancakes, breakfast bars, waffles and much more! Breakfast is served with fruit and milk.

To find your student's breakfast menu, visit our website at [www.everettsd.org](http://www.everettsd.org) and click on MENUS or scan the QR code.

### PAYMENT METHODS












Make payments, set up low balance reminders, autopay, transfer funds and check transaction history online at: [www.MySchoolBucks.com](http://www.MySchoolBucks.com). My School Bucks does charge a small fee when you make a payment online. All other features are free to use. Cash and checks will be accepted in the kitchens. Student's name and ID should be written on the check and sealed envelopes.

### FREE/REDUCED MEAL FORM

The Free/Reduced application has been replaced with the Child Nutrition Eligibility & Education Benefit application (CNEEB). This application may qualify you for: meal benefits, Summer EBT benefits, reduced fees for other programs and activities, and/or help secure funding for your school. If your child(ren) are enrolled in a Community Eligibility Provision (CEP) school, completing this application will not impact your eligibility to receive meals at no cost but is required to receive the other above services. We encourage all families to complete the online application by scanning the QR code.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Dr. Seuss' Birthday 1 Fish, 2 Fish Nuggets, Goldfish Crackers & Celebration Cups  Emoji Potatoes	<b>4</b> Creamy Chicken Alfredo over Penne Pasta with Garlic Toast  Bright Broccoli Trees	<b>5</b> Mandarin Orange Chicken over Rice or Chana Masala  Excellent Edamame	<b>6</b> Café Kids Hamburger or Captain's Fish Sandwich  Bouncin' Baked Beans	<b>7</b> It's A Homemade Pizza! or Dancin' Corn Dog  Champion Corn
<b>10</b> Golden Chicken Strips & Chocolate Bear Crackers  Wedge Potatoes	<b>11</b> Mr. Mario's Spaghetti & Meatballs with Garlic Toast  Classic Caesar Salad	<b>12</b> Mini Cheese Calzone  Hummus & Veggie Sticks	<b>13</b> Wacky Waffles & Sizzlin Sausage  Skater Taters	<b>14</b> Homestyle Grilled Cheese Sandwich  Tasty Tomato Soup

Monday	Tuesday	Wednesday	Thursday	Friday	DID YOU KNOW?
<b>17</b> Lucky French Bread Pizza  Pot o' Gold Caesar Salad	<b>18</b> Luigi's Lasagna & Garlic Toast  Roasted Squash	<b>19</b> Terrific Teriyaki Chicken with Rice or Chana Masala  Excellent Edamame	<b>20</b> Café Kids Hamburger or Captain's Fish Sandwich  Emoji Potatoes	<b>21</b> Homemade Hot Dog Roll-Up  Bouncin' Baked Beans	<div> <b>National School Breakfast Week March 3-7</b>  <div> <b>Did you know?</b> <p>Children who eat breakfast are more likely to...</p> <ul style="list-style-type: none"> <li>• Reach higher levels of achievement in reading and math</li> <li>• Score higher on standardized tests</li> <li>• Have better concentration and memory</li> <li>• Be more alert and maintain a healthy weight</li> </ul> <p>It's National School Breakfast Week! Let's crack the case on a delicious and nutritious morning. #NSBW25 #ClueInToSchoolBreakfast</p> </div> </div>
<b>24</b> Mandarin Orange Chicken over Rice or Chana Masala  Excellent Edamame	<b>25</b> Golden Chicken Strips with Cinnamon Bread  Champion Corn	<b>26</b> Bistro Chicken Burger  Wedge Potatoes	<b>27</b> Rockin' Cheesy Ravioli with Garlic Toast  Roasted Carrots	<b>28</b> It's A Homemade Pizza! or Dancin' Corn Dog Classic Caesar Salad	
<b>31</b> No School Conferences Elementary Schools Only	<b>1</b> No School Conferences Elementary Schools Only	<b>2</b>	<b>3</b>	<b>4</b>	
<div> <p>Our goal is to expand the variety of produce the students consume. Our <i>Garden Spot, Harvest of the Month</i> and <i>Fresh Fruit Fridays</i> expose students to a wide assortment of self serve produce. Daily items includes fresh, canned and dried fruits, veggies and legumes .</p>  <b>FARM TO SCHOOL</b> </div>					<b>SOCIAL MEDIA</b> <div>  <p>Find &amp; follow us on social media using <b>#EPS_Cafe</b></p> </div>
<div> <div>  <p><b>Broccoli and Romanesco Veggie Harvest of the Month</b></p> <p>Broccoli and Romanesco are both excellent sources of vitamin C and K. They both promote healthy skin, and are good sources of fiber to keep you feeling fuller longer. You can eat both of these veggies raw or cooked!</p> </div> <div>  <p><b>Apples Fruit Harvest of the Month</b></p> <p>Apples provide nutrients like fiber, vitamin C and antioxidants. These nutritious values support healthy digestion, brain health and protect against cancer, heart disease and type 2 diabetes. Did you know there are over 7,500 varieties of apples grown worldwide?</p> </div>   </div>					<b>RECIPES</b> <div>  <p>Find your favorite school recipes by scanning the QR code.</p>  <b>SCAN ME</b> </div>

# VEGETABLE of the MONTH

## Cooking for Kids

### **Baked Broccoli**

Serves: 4, Prep: 40minutes

#### **Ingredients:**

¼ cup chopped onion  
6 tablespoons butter  
2 tablespoons flour  
½ cup water  
1 cup grated cheese  
3 eggs well beaten  
2 pkgs. Frozen chopped broccoli, thawed  
Salt & pepper per taste  
½ cup soda cracker crumbs

#### **Directions:**

1. Sauté onion & half of butter until soft. Stir in flour then whisk in water. Cook until thickened.
2. Stir cheese into sauce mixture until melted. Mix the egg, sauce mixture, and broccoli together. Put in greased casserole dish. Cover with crumbs and dot with remaining butter. Bake at 350°F for 25mins.

*Recipe adapted from Seattle Pacific University's Cookbook.*

## Books

### **Grades K-2**

Growing Vegetable Soup

By: Lois Ehlert

### **Grades 2-5**

The Vegetables We Eat

By: Gail Gibbons

# The Incredible Edible Broccoli



## Just the Facts

→ Broccoli has been around for over 2000 years and has been grown in the United States for more than 200 years.

→ Broccoli can be eaten raw or cooked.

→ Broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.

→ Broccoli is also an excellent source of vitamin B6, riboflavin, and potassium.

→ Cooked broccoli can be frozen for up to 2 months in airtight bags or containers.

## Did You Know?

This month on the school menu you can enjoy BROCCOLI:

- Fresh on the garden Spot
- In Salads like Broccoli and Asian salads
- Cooked and served with mac & cheese

→ Other broccoli varieties are:

- Broccolini
- Broccoflower
- Broccoli sprouts



← The most common type of broccoli sold in the U.S. is called sprouting broccoli, or Italian green broccoli. Another name for Italian green broccoli is Calabrese. This name came from the Italian province of Calabria, where it was first grown.

#### **For more information, see:**

- <http://www.quickhelp.org/archive/tip/BR-EN/tips.pdf>
- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9#purchasequalities>
- [http://www.panen.org/sites/default/files/SNAC%20Materials/broccoli\\_newsletter2.pdf](http://www.panen.org/sites/default/files/SNAC%20Materials/broccoli_newsletter2.pdf)



Created by: The EPS Food & Nutrition Department



# Activity: Broccoli



## Broccoli Brain Teaser



Draw a picture of broccoli. Label the flower head and stalk.

What I already know about broccoli:

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What I learned about broccoli:

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What are the other broccoli varieties?

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