



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.

Monday	Tuesday	Wednesday	Thursday	Friday
6 Breakfast Egg Sandwich Mini Cheese Calzone Classic Caesar Salad Sweet Blueberries	7 Breakfast French Toast Sticks Tasty Toasted Cheese Sandwich Harvest Tomato Soup Peppy Peaches	8 Breakfast Cinnamon Roll Orange Chicken over Rice & Fortune Cookie Yummy Asian Salad Mixed-Up Berries	9 Breakfast Hawaiian Breakfast Roll Luigi's Lasagna & Garlic Toast Roasted Squash Chilly Strawberries	10 Breakfast Breakfast on a Stick EPS Café Kid's Burger (or Fishwich) Corn on the Cob Perfect Pears
13 Breakfast Cheesy Omelet Cha-Cha Cheese Dippers Speckled Chili Plump Blueberries	14 Breakfast Mini Waffles Drummin' Chicken Drumstick & Flakey Biscuit Au Gratin Potatoes Perky Peaches	15 Breakfast Cinnamon Roll Golden Chicken Strips & Chocolate Muffin Yummy Broccoli Salad Jumbled-Up Berries	16 Breakfast Yogurt Parfait Mini Pancakes & Sizzlin' Sausage Perfect Potato Bites Sweet Strawberries	17 Breakfast Mini Cheese Calzone It's A Homemade Pizza! or Dancin' Corn dog Champion Corn Peppy Pears
20 No School Martin Luther King Jr. Day 	21 Breakfast Mini Pancakes Cheesy Ravioli & Garlic Toast Rockin' Roasted Carrots Perfect Peaches	22 Breakfast Cinnamon Roll Peppy Personal Pizza Classic Caesar Salad Mixed-Up Berries	23 Breakfast Fruit Smoothie Golden Hot Dog Roll-Up Bouncin' Baked Beans Chilly Strawberries	24 Breakfast Pancake Bites Favorite Chicken Burger Crinkle Fries Perky Pears

Additional Daily Offerings


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).



Have Breakfast at School

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 menus (My School Menus) and payments (My Payments Plus).

Social Media~Follow and like us on Facebook, Instagram & Twitter. Search **#EPS_Cafe** to find the Food & Nutrition page. .






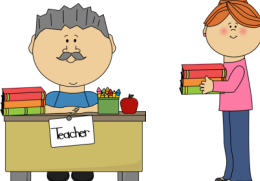
SNACK CORNER

Sweet Potato Fries

Ingredients: 1 lb sweet potatoes, 1/2 tsp salt, 1/4 tsp pepper, 1/4 tsp spice like cumin, chili powder, garlic powder

Directions: Pre-heat oven to 400°. Spray baking sheet with cooking spray. Wash and peel potatoes then cut into thin fry shapes. Place on baking sheet in single layer. Spray lightly with cooking spray and season with salt, pepper & spices. Bake 30 minutes until crisp. Enjoy!



Monday	Tuesday	Wednesday	Thursday	Friday
27 NO SCHOOL TEACHER WORK DAY	28 Breakfast French Toast Sticks	29 Breakfast Cinnamon Roll	30 Breakfast Morning Pizza	31 Breakfast Breakfast on a Stick
	Snowflake Waffles & Sleddin' Sausage	Orange Chicken over Rice & Fortune Cookie	Cheese Zombies or Toasted Cheese Sandwich	Macho Nacho Grande
	Ice Skater Taters Frosty Peaches	Bright Broccoli Jumbled-Up Berries	Cabbage Patch Soup Sweet Strawberries	Southwest Corn Salad Peppy Pears

DID YOU KNOW?

We're HIRING If you or someone you know is looking for a part time job, then come work as a Food Services substitute. This job is perfect for those with school age children

DID YOU KNOW? Our menu can also be found online at www.everettsd.org and then by clicking on the chef's hat. There is also an app you can access if you have the Everett Public Schools app downloaded on your mobile device. It can translate the menu into almost any language! Our online menu can also help plan your meal based on allergens. Check out this useful menu tool today!



or for persons just wanting to work a few hours a day. No experience necessary as we provide the training. A food handlers card is required and can be obtained in several different languages online at: <https://www.foodworkercard.wa.gov/language.html>. To apply as a Food Services substitute please fill out the online application at: www.everettsd.org or call: 425.385.4380 for more information. If you need help with the online application you can visit Human Resources at the Everett Public Schools Community Resource Center at 3900 Broadway.



RECIPE OF THE MONTH

Yummy Yakisoba


Yield: 4 cups

Ingredients:	Dressing Ingredients:
Spaghetti Noodles 5 1/4 oz	Soy Sauce 1 Tbsp, 3 tsp
Onions, green 1 medium	Oil, Canola 1 Tbsp, 3 tsp
Cabbage, shred 2 1/3 oz	Sugar 1 Tbsp, 3 tsp
Carrots, shred 1 3/4 oz	Vinegar 1 Tbsp, 3 tsp
Peppers, red 2 1/3 oz	
Broccoli 3/4 oz	

Directions:

1. Cook pasta until tender. Do not overcook. Rinse to stop the cooking.
2. Prepare vegetables. Using pre-shredded cabbage and carrots. Finely slice the green onion. Chop broccoli and red pepper. Substitute vegetables as needed - use what you have!
3. Toss cooled pasta and veggies
4. Prepare dressing by blending dressing ingredients.
5. Add dressing to noodles, vegetable mixture. Toss until well coated.
6. Chill at least two hours. Serve and enjoy!





Harvest of The Month

January is Potato Month

Potatoes are the most popular vegetable grown in the U.S. In WA, they are grown in the Skagit Valley, Columbia Basin, and Yakima Valley.

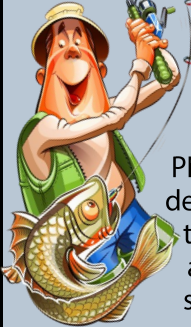
Menu items featuring potatoes:

- Mashed Potatoes January 14
- Perfect Potato Bites January 16
- Crinkle Fries January 24
- Ice Skater Taters January 28


Check with your school for baked potato option

Local Farmer Spotlight

Trident Seafood



This month we are highlighting fishermen as our local "farmer". Based in Seattle and with processing plants in Anacortes, Everett and Bellingham they have been the PNW source for seafood for over 40 years. Trident has developed a line of products specifically for school programs that comply with program regulations for whole grain, calories and fats. We support this local farm by serving their fish burger and fish nuggets on all our menus.



VEGETABLE of the MONTH

Cooking for Kids

Microwave Potato Chips

Serves 4, Prep: 35 minutes

Try making this healthier version of potato chips instead of buying them at the store.

Ingredients:

1 potato
1 tablespoon olive oil
Cooking spray
½ teaspoon salt

Directions:

1. Slice potato into paper-thin rounds using a vegetable peeler or mandolin.
2. Put oil, salt, and potato slices into a plastic bag. Toss around until slices are evenly coated (you may add other spices of your choice like garlic salt, pepper, or seasoning mix).
3. Lightly spray a large dinner plate with cooking spray. Arrange potato slices in a single layer on plate.
4. Cook in the microwave for 3-5 minutes or until lightly browned (turn chips over half-way through cook time). Repeat for remaining potato slices.

Recipe by Heidi P Rodriguez, 2013.

Books

Grades K-2

Pigs Love Potatoes by Anika Denise

Grades K-5

From Eye to Potato by Ellen Weiss

January

The Incredible Edible Potato



Just the Facts

→ Potatoes are the most popular vegetable grown in the U.S. In WA they are grown in Skagit Valley, the Columbia Basin, and Yakima Valley.

→ In 2012 Washington potato growers raised 164,000 acres of potatoes!

→ Whole potatoes are very nutritious for us. They are naturally low in calories and fat.

→ Potatoes are excellent sources of vitamin C and good sources of potassium and Vitamin B6.

→ The potato was the first vegetable to be grown in outer space by astronauts in 1995.

Did You Know?

This month on the school menu you can enjoy POTATOES:

- Diced and roasted
- Mashed
- Baked as fries

Check with your kitchen to see if baked potatoes are served!

Washington is the 2nd top potato-producing state. Many types of potatoes are grown here→



Reds



Yellows



Purples



Russets



Fingerlings



Petites



Whites

For more information, see:

- <http://www.potatogoodness.com/>
- <http://www.potatoes.com>

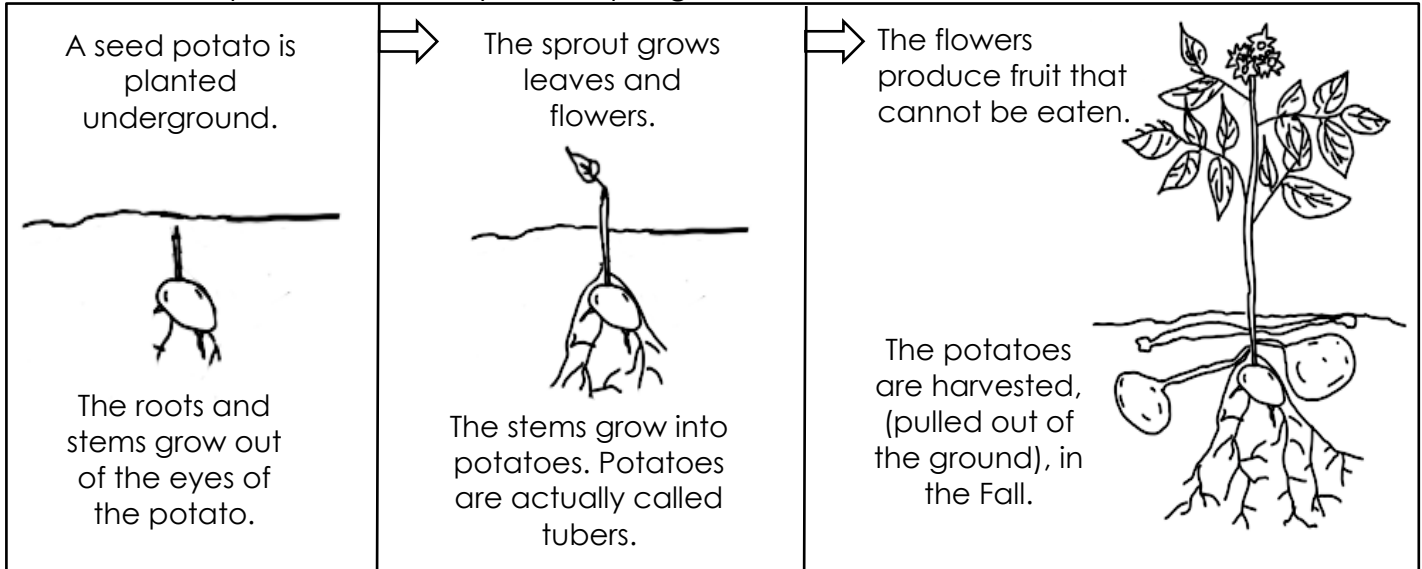


Created by: The EPS Food & Nutrition Services

Activity: Potatoes

How do potatoes grow?

Potatoes are planted annually in the spring:



Scrambled Words:

- | | | |
|-------------|------------------|------------|
| 1. unnallay | 4. dees otatopes | 7. yees |
| 2. llaf | 5. Otors | 8. lowersf |
| 3. ubert | 6. tsems | 9. tifru |

DIRECTIONS: Unscramble the scrambled words and write them into the story below. Look at the potato pictures for hints:

Potatoes are planted ¹_____ in the Spring. They are harvested in the ²_____. The potato is actually a stem called a ³"_____" and grows underground. Potatoes are grown by planting ⁴_____ . ⁵_____ and ⁶_____ grow from the ⁷_____ of the potato. The stem that grows out of the eye is the "tuber" or potato. Potato plants have leaves and ⁸_____. The flowers grow into ⁹_____ that look like green tomatoes but are not edible. When harvested, potatoes are pulled out from the dirt and are sent around the world to be eaten.