

Mast Way & Moharimet September

2017



Broccoli and cauliflower are both members of the Brassicaceae family, which also includes Brussels sprouts, cabbage, kale and radishes. We eat the flower buds of the plant before they bloom; the stalks are also edible, but have a tougher texture.

<http://www.nhharvestofthemonth.org/broccoli--cauliflower-ribbon-salad.html>

| | | | | |
|---|---|---|---|---|
| <p>Lunch Prices: \$2.65 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p> | <p>Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals</p> | <p>30 BRUNCH FOR LUNCH FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p> | <p>31 BAKED SALMON with LEMON SAUCE MASHED POTATO STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p> | <p>1 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p> |
| <p>4 Labor Day No School</p> | <p>5 SPAGHETTI & MEATBALLS CHEESE STUFFED BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p> | <p>6 HOT DOG on WH WHEAT BUN BAKED BEANS LOCAL CORN ON THE COB GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p> | <p>7 HOMEMADE PULLED PORK or VEGGIE QUESADILLAS GARDEN BAR CHOICES FRESH LOCAL APPLE</p> | <p>8 WHOLE GRAIN PIZZA STICKS w/MARINARA DIPPING SAUCE BROCCOLI SALAD GARDEN BAR CHOICES FRUIT SALAD</p> |
| <p>11 Meatless Monday GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE</p> | <p>12 CHICKEN PARM on PASTA ROASTED HARVEST BAKE GARDEN BAR CHOICES CHILLED PEACHES</p> | <p>13 MEATBALL SLIDERS CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES</p> | <p>14 BAKED POTATO BAR HOMEMADE CHILI, WARM ROLLS BROCCOLI & CHEESE GARDEN BAR CHOICES FRESH BANANA</p> | <p>15 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p> |
| <p>18 Meatless Monday WAFFLES & SYRUP MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT</p> | <p>19 TACO HAYSTACKS w/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE</p> | <p>20 TERIYAKI CHICKEN & RICE STIR-FRIED VEGGIES w/BROCCOLI GARDEN BAR CHOICES VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS</p> | <p>21 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN, CAULIFLOWER w/ RANCH DIP GARDEN BAR CHOICES FRESH GRAPES</p> | <p>22 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE</p> |
| <p>25 CRUNCHY REDFISH FISH TACO CREAMY COLESLAW GARDEN BAR CHOICES MIXED FRUIT</p> | <p>26 PINEAPPLE CHICKEN STIR FRIED RICE GARDEN BAR CHOICES FORTUNE COOKIE MANDARIN ORANGES</p> | <p>27 PULLED PORK on a BUN BROCCOLI CAULIFLOWER RIBBON SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p> | <p>28 HOMEMADE BEEF STEW WARM BISCUIT GARDEN BAR CHOICES LOCAL CORN on the COB CHILLED PEACHES</p> | <p>29 WHOLE GRAIN CHEESY BITES w/MARINARA DIPPING SAUCE BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p> |