

# May 2026 Socialization Menu



**Mondays**  
9:30am to 11:30am or 12:00 to 2:00pm

4

Potato soup w/ Asparagus (Potatoes, Asparagus, Onion, Garlic)  
Hardboiled Egg  
WGR Breadstick  
Pears  
6-11 months old  
Soup  
Hardboiled Egg  
Pears

18

Turkey & Cheese Sandwich on WGR Bread  
Carrots w/ Dip  
Bananas  
6-11 months old  
Diced Turkey & Cheese  
Steamed Carrots  
Bananas

## ~Asparagus~

Asparagus stems grow directly from the ground and are harvested in April to June. They can grow an inch an hour!

Asparagus is delicious steamed, roasted, or sautéed. Try adding it into your stir-fry, soups, or tacos!

Asparagus is high in folate, Vitamin K, Vitamin A, and antioxidants, which help your body function properly.

Kids can help prepare asparagus by:  
Snapping off the tough white ends,  
cutting cooked asparagus with a plastic knife,  
Using hands to toss asparagus with olive oil, salt and pepper to prepare for roasting!



"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.

No peanut, nuts, or pork products are used in the preparation of any menu item.

Infants 0-11 months old are offered breast milk or formula.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.