

June 2025 EHS 1-3 Lunch Menu

It's Berry Month!

Tuesday

Wednesday

Thursday

Friday

3
Tomato Basil Soup
(tomato, Zucchini)
Cheese Stick
WGR Bread Stick
Pears

4
Summer Pasta Salad
(WGR Pasta, Cherry
Tomatoes,
Shredded Cheese,
Olives)
Hard Boiled Egg
Cucumber w/ Dip
Peaches

5
Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper)
WGR Corn Chips
Pineapple Tidbits

6
Egg Salad Sand-
wich on WGR
Bread
Steamed Carrot
w/ Dip
Blueberries



10
Potato Chowder
(Potato, Diced
Chicken, Corn,
Carrots, Onion)
WGR Roll
Peaches

11
BBQ Pulled
Chicken on WGR
Buns
Roasted Sweet
Potatoes
Strawberries

12
Spaghetti
(Pasta, Ground Beef,
Tomato Sauce,
Cheese)
Broccoli w/ Dip
WGR Roll
Mandarin Oranges

13
Turkey and Cheese
Sandwich on WGR
Bread
Steamed Carrots w/
Dip
Mixed Berries



17
Minestrone Soup
(Pasta, Garbanzo,
Zucchini, Tomato),
Cheese Stick
WGR Roll
Peaches

18
Turkey and
Cheese Sandwich
on WGR Bread
Cucumber w/ Dip
Strawberries

19
No Classes

20
No Classes

24
Navy Bean Soup
(Smoked Turkey &
Chicken, Carrot,
Onion, Celery)
WGR Roll
Applesauce

25
Chicken Teriyaki
(Chicken, Rice)
Steamed Broccoli
w/ Dip
Pineapple Tidbits

26
WGR Pita Bread
Hummus
Hardboiled egg
Cucumber Slices
Peaches

27
Chicken Salad sand-
wich on WGR Bread
Broccoli w/ Dip
Mandarin Oranges

Did You Know...

Berries grow on different types of plants including bushes and canes. These plants live for many years and grow a new crop of berries each year.

Berries contain Vitamin C, fiber, potassium, and other antioxidants (phytochemicals that can reduce your risk to certain cancers and heart disease).

Choose berries that are brightly colored and not mushy or moldy. Try to eat fresh berries within a week. If you can't eat them before they get mushy, you can put them in the freezer! Frozen berries will last for 6 months to a year in the freezer.

Don't wash berries until you are about to eat them. The water makes them mushy.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50%. Iron-fortified infant cereal is available for infants 6-11m old.

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.



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