

June 2025 Lunch Menu

It's Berry Month!

Tuesday

3

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

10

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

17

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

Wednesday

4

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

11

BBQ Pulled
Chicken on WGR
Buns
Roasted Sweet
Potatoes
Strawberries

18

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

Thursday

5

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

12

Spaghetti
(Pasta, Ground Beef,
Tomato Sauce,
Cheese)
Green Salad w/ Dress-
ing
WGR Roll
Mandarin Oranges

Friday

6

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

13

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

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.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

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

Frozen Yogurt Berry Bites

INGREDIENTS

1 cup vanilla Greek yogurt
2 cups blueberries, blackberries, strawberries, or bananas

DIRECTIONS

Wash berries and drain. Working one at a time, dip the berries into the yogurt (with a toothpick or dipping tool) and place on a lined baking sheet. Freeze the berries for 1-2 hours, remove them from the baking sheet and eat them or place them in a Ziploc bag and return to freezer to be ready to eat!



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