

June 2025 Socialization Menu

It's Berry Month!

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

9

BBQ Pulled Chicken on
WGR Buns
Roasted Sweet
Potatoes
Strawberries
6-11 months old
Shredded Chicken
Sweet Potatoes
Strawberries



23

Egg Salad Sandwich on
WGR Bread
Broccoli w/ Dip
Pears
6-11 months old
Egg Salad
Steamed Broccoli
Pears

"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 for-
mula.

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

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.

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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EARLY HEAD START



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