

June 2026 EHS 1-3 Lunch Menu

It's Berry Month!

Tuesday

Wednesday

Thursday

Friday

2
Potato Chowder
(Potato, Diced
Chicken, Corn,
Carrots, Onion)
WGR Roll
Peaches

3
Turkey and
Cheese Sandwich
on WGR Bread
Cucumber w/ Dip
Strawberries

4
Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper)
WGR Roll
Pineapple Tidbits

5
No Classes

9
Creamy Tomato
Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Bread Stick
Pears

10
BBQ Pulled
Chicken on WGR
Buns
Mashed Potatoes
Strawberries

11
Spaghetti
(Pasta, Beef & Chicken
meatballs, Tomato
Sauce, Cheese)
Steamed Broccoli w/
Dip
WGR Roll
Mandarin Oranges

12
Turkey and Cheese
Sandwich on WGR
Bread
Steamed Carrots w/
Dip
Mixed Berries

16
Vegetable Soup
(Zucchini, Tomato,
Onion),
Hardboiled Egg
WGR Roll
Peaches

17
Chicken & Cheese
Quesadilla
(Flour Tortilla, Diced
Chicken, Cheese)
Salsa
Sweet Corn
Bananas

18
Egg Salad Sand-
wich on WGR
Bread
Steamed Carrot
w/ Dip
Strawberries

19
No Classes

23
Navy Bean Soup
(Diced Chicken,
Beans, Carrot, On-
ion, Celery)
WGR Roll
Applesauce

24
Chicken Teriyaki
(Chicken, Rice)
Steamed Broccoli
w/ Dip
Pineapple Tidbits

25
Macaroni & Cheese
w/ Chicken
(Pasta, Diced Chick-
en, Cheese Sauce)
Steamed Carrots w/
Dip
Peaches

26
WGR Pita Bread
Hummus
Hardboiled egg
Cucumber Slices
Blueberries

30
Chicken and Rice
Soup
(Chicken, Brown Rice,
Carrot, Onion)
WGR Goldfish Crack-
ers
Pears

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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