

June 2026 EHS 6-11m Lunch Menu

It's Berry Month!

Tuesday

Wednesday

Thursday

Friday

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



3
Diced Turkey and Cheese
WGR Sandwich Bread
Cucumber
Strawberries

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

5
No Classes

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



10
Shredded Chicken
WGR Buns
Mashed Potatoes
Strawberries

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

12
Diced Turkey and Cheese
WGR Sandwich Bread
Steamed Carrots
Mixed Berries



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

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

18
Egg Salad
WGR Sandwich Bread
Steamed Carrot
Strawberries

19
No Classes



23
Navy Bean Soup
(Diced Chicken, Beans, Carrot, Onion, Celery)
WGR Roll
Applesauce

24
Chicken Teriyaki
(Chicken, Rice)
Steamed Broccoli
Pineapple Tidbits

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

26
WGR Pita Bread
Hummus
Diced Hardboiled egg
Cucumber Slices
Blueberries



30
Chicken and Rice Soup
(Chicken, Brown Rice, Carrot, Onion)
WGR Goldfish Crackers
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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