

June 2026 Lunch Menu

It's Berry Month!

Tuesday

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

Wednesday

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



Thursday

4
No Classes

Friday

5
No Classes

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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