June 2024 Breakfast & Snack Menu 🔟







Tuesday

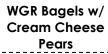
Wednesday

Thursday

Friday

Kix Cereal Mini Apples

Cheese and Crackers **Tropical Fruit**



WGR Blueberry **Muffins Applesauce**

Snack Mix (Cereal, Crackers, Dried Fruit) **Tropical Fruit**

Cottage Cheese Peaches

WGR Banana Muffin **Pears**

Yoaurt **Mandarin Oranges**

 \mathbf{m} Snack Mix (Cereal, Crackers, Dried Fruit) **Mandarin Oranges**

Cheerios **Pears**

Yogurt and Berry 12 Parfait w/ Oat Topping

WGR Soft Pretzel w/ Honey Mustard Peaches

WGR Berry Bites 13 **Mini Apples**

WGR Bagel w/ Cream Cheese **Applesauce**

WGR English Muffil 14 w/ Sun butter Pears

Cheese and Crackers Bananas

WGR Zucchini Bread Applesauce

> WGR Berry Bites **Peaches**

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

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

Strawberry Mango Salsa

INGREDIENTS

3/4 cup diced strawberries 3/4 cup diced manao 1 jalepeno, seeded and minced 2 Tbs diced red onion

1 avocado, diced 2 Tbs chopped fresh cilantro Juice of 1 lime Salt and pepper to taste

DIRECTIONS

In a large bowl, combine strawberries, mango, avocado, jalapeño, onion, cilantro, and lime juice. Serve immediately over grilled fish, in a taco, or eat it plain!







This institution is an equal opportunity provider.

Berry Month!

One of the great opportunities of summer is visiting local you-pick farms. It is an



excellent way for your child to learn about how fruits and vegetables grow, as well as using their motor skills to help pick their own produce. Did you know there are many farms within a 15 mile drive?

Did you know you can get extra WIC checks specifically to use at local farmer's markets? You can! All WIC participants are eligible! Ask your local WIC agency about which days this month you can get this benefit before they run out.

Many local farmer's markets also accept EBT benefits and some even match the amount you spend, giving you more produce for your money!