

# June 2019 Breakfast/Snack Menu



## Tuesday

4

Bran Flakes  
Apple Juice

Celery Sticks w/ Sun  
Butter  
Fruit

11

Kix Cereal  
Orange Juice

WGR Bagel w/  
Cream Cheese  
Bananas

## Wednesday

5

WGR English Muffin w/  
Honey Butter  
Mango & Blueberries

WGR English Muffin w/  
Honey Butter  
Mango & Blueberries

12

WGR Banana Bites  
Strawberries

WGR Banana Bites  
Strawberries

## Thursday

6

Deluxe Snack Mix  
(Cheerios, Chex,  
WGR Crackers, Dried Fruit)  
Orange Slices

Deluxe Snack Mix  
(Cheerios, Chex,  
WGR Crackers, Dried Fruit)  
Orange Slices

13

Cottage Cheese  
Peaches

Cottage Cheese  
Peaches

## Friday

7

WGR Strawberry Muffins  
Pears

WGR Strawberry Muffins  
Pears

14

WGR Zucchini Bread  
Applesauce

WGR Zucchini Bread  
Applesauce

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 Gran Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

## Strawberry Mango Salsa

### INGREDIENTS

3/4 cup diced strawberries	1 avocado, diced
3/4 cup diced mango	2 Tbls chopped fresh cilantro
1 jalapeno, seeded and minced	Juice of 1 lime
2 Tbls diced red onion	Salt and pepper to taste

### DIRECTIONS

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



## June is 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?



Visit [www.pickyourown.org/WAseattlearea.htm](http://www.pickyourown.org/WAseattlearea.htm) for addresses and more information!

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 these free checks before they run out.

Many local farmer's markets also accept EBT benefits and some even match the amount you spend, giving you MORE! Ask your teacher for a flyer with more details!

SNOHOMISH COUNTY

Head Start  
&  
Early Head Start



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