


June 2019 EHS Lunch Menu

It's Berry Month!

Tuesday


4
Tuna Salad Sandwich
WGR Bread
Broccoli & Cauliflower w/
Dip
Strawberries
6-11 months
Tuna Salad and Strawber-
ries




11
Potato Chowder
Cheese Stick
WGR Roll
Mandarin Oranges
6-11 months
Soup and Oranges

Wednesday

5
Tuna Salad Sandwich
WGR Bread
Broccoli & Cauliflower w/
Dip
Strawberries
6-11 months
Tuna Salad and Strawber-
ries



12
Un-fried Brown Rice
(Bean, Peas, Carrots,
Teriyaki sauce)
Blueberries
6-11 months
Rice and Peas



Thursday

6
No Socializations

13
Turkey & Cheese sandwich on WGR Bread
Carrots w/ Dip
Strawberries
6-11 months
Cheese and Strawber-
ries



Friday

7
White Chicken Chili
(Corn, Carrots, Toma-
toes, Onion)
Corn Bread
Blueberries
6-11 months
Chili and Applesauce



14
No Socializations

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.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch.

"WGR" means "Whole Grain 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.



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!

