

# June 2019 Lunch Menu

# It's Berry Month!

## Tuesday

4

Green Salad w/  
Dressing  
WGR Breadstick  
Hard Boiled Egg  
Mini Apples

11

Potato Chowder  
Cheese Stick  
WGR Roll  
Mandarin Oranges

## Wednesday

5

Tuna Salad Sand-  
wich on WGR Bread  
Broccoli & Cauliflow-  
er w/ Dip  
Strawberries

12

Un-fried Brown Rice  
(Egg, Peas, Carrots,  
Teriyaki sauce)  
Green Salad w/  
Dressing  
Mixed Berries

## Thursday

6

Shepard's Pie  
(Turkey, Potato, Peas  
& Carrots)  
WGR Rolls  
Peaches

13

BYO Sub Sandwich  
(WGR Hoagie Bun,  
Pesto Spread, Turkey,  
Cheese, Tomatoes,  
Lettuce)  
Strawberries

## Friday

7

White Chicken Chili  
(Corn, Carrots, To-  
matoes, Onion)  
Corn Bread  
Blueberries

14

Egg Salad Sand-  
wich on WGR Bread  
Carrot Sticks w/ Dip  
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.

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. "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!

