

# June 2024 EHS Lunch Menu **It's Berry Month!**

## Tuesday

**11**  
 Potato Chowder  
 (Potato, Corn, Carrots, Onion)  
 Cheese Stick  
 WGR Roll  
 Peaches  
6-11 months  
 Soup, Diced Cheese, Roll, Peaches

## Wednesday

**12**  
 BBQ Pulled Chicken  
 on WGR Buns  
 Roasted Sweet Potatoes  
 Strawberries  
6-11 months  
 Shredded Chicken,  
 Sweet Potatoes, Strawberries

## Thursday

**13**  
 WGR Pita Bread  
 Hummus  
 Cheese Stick  
 Broccoli  
 Banana  
6-11 months  
 Pita, Hummus, Cheese,  
 Blanched Broccoli  
 Banana

## 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.

**18**  
 Turkey and Cheese  
 Sandwich on WGR Bread  
 Cucumbers w/ Dip  
 Strawberries  
6-11 months  
 Diced turkey & Cheese  
 Cucumbers  
 Strawberries

**19**  
 No Classes

**20**  
 Sub Sandwiches  
 (WGR Hoagie Buns, Sliced  
 Turkey, Cheese, Pesto  
 Spread, Lettuce)  
 Carrots w/ Dip  
 Peaches  
6-11 months  
 Diced Turkey & Cheese,  
 Steamed Carrots, Peaches

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. Iron-fortified infant cereal is available for infants 6-11m old.

Infants 0-11 months old are offered breast milk or formula.

No peanut, nuts, or pork products are used in the preparation of any menu item.

## 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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