

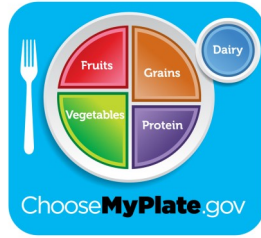
February 2018 EHS Lunch Menu

Tuesday

Wednesday

Thursday

February is National Heart Month!



1
WGR Baked Rotini
with Cheese
Green Beans
Banana

6-11 Months:
Pasta, Green Beans,
Banana



Did you know heart disease is the leading cause of death in America? Help your family have healthy hearts by:

Eating Less Fried Foods

Eating More Fruits and Veggies

Eating Lean Protein

Eating More Whole Grains

Eating Fish Twice a Week

Visit www.heart.org or www.choosemyplate.gov for more information.

6
3 Cheese WGR Veggie Lasagna w/ Cabbage
Banana

6-11 Months:
Parent Chops Lasagna and Banana

7
3 Cheese WGR Veggie Lasagna w/ Cabbage
Banana

6-11 Months:
Parent Chops Lasagna and Banana

8
3 Cheese WGR Veggie Lasagna w/ Cabbage
Banana

6-11 Months:
Parent Chops Lasagna and Banana

13
Taco Day:
Beef, Beans, Salsa, Cheese, Lettuce,
WGR Tortillas
Oranges

6-11 Months:
Beef, Beans, Cheese, Oranges

14
Taco Day:
Beef, Beans, Salsa, Cheese, Lettuce,
WGR Tortillas
Oranges

6-11 Months:
Beef, Beans, Cheese, Oranges

15
Taco Day:
Beef, Beans, Salsa, Cheese, Lettuce,
WGR Tortillas
Oranges

6-11 Months:
Beef, Beans, Cheese, Oranges

20
Tomato Zucchini Basil Soup
Cheese Sandwich on WW Bread
Applesauce

6-11 Months:
Applesauce
Cheese Sandwich

21
Tomato Zucchini Basil Soup
Cheese Sandwich on WW Bread
Applesauce

6-11 Months:
Applesauce
Cheese Sandwich

22
Tomato Zucchini Basil Soup
Cheese Sandwich on WW Bread
Applesauce

6-11 Months:
Applesauce
Cheese Sandwich

27
Turkey and Cheese WGR Sandwich
Chopped Spinach Slaw w/ Apple Berry Dressing
Kiwi

6-11 Months:
Kiwi
Cheese Sandwich

28
Turkey and Cheese WGR Sandwich
Chopped Spinach Slaw w/ Apple Berry Dressing
Kiwi

6-11 Months:
Kiwi
Cheese Sandwich

1
Turkey and Cheese WGR Sandwich
Chopped Spinach Slaw w/ Apple Berry Dressing
Kiwi

6-11 Months:
Kiwi
Cheese Sandwich

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

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

"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.

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

This institution is an equal opportunity provider.