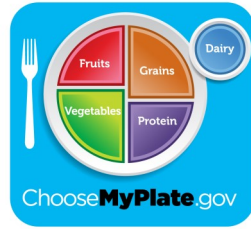


March 2018 EHS Lunch Menu

Tuesday

Wednesday

Thursday



March is National Nutrition Month!



Celebrate by developing new family nutrition goals this month. You could:

Try a new vegetable every week!



Drink more water instead of sugary drinks!



Avoid the snack, candy, and soda aisles!



Develop a weekly menu and cook at home!

Serve dinners with all 5 food groups!

Let your child help prepare nutritious snacks!



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.

1
 Turkey and Cheese WGR Sandwich
 Chopped Spinach Slaw w/ Apple Berry Dressing
 Kiwi
 6-11 Months:
 Kiwi
 Cheese Sandwich

6
 Baked Beans
 Pita Bread
 Cucumbers
 Peaches
 6-11 Months:
 Beans and Peaches

7
 Baked Beans
 Pita Bread
 Cucumbers
 Peaches
 6-11 Months:
 Beans and Peaches

8
 Baked Beans
 Pita Bread
 Cucumbers
 Peaches
 6-11 Months:
 Beans and Peaches

13
 Cowboy Mac w/ WGR Pasta, Beans, Corn, Cheese & Tomato Sauce
 Fruit Salad
 Banana, Kiwi, Pear
 6-11 Months:
 Parents Mash
 Beans
 Fruit Salad
 Banana, Kiwi, Pear

14
 Cowboy Mac w/ WGR Pasta, Beans, Corn, Cheese & Tomato Sauce
 Fruit Salad
 Banana, Kiwi, Pear
 6-11 Months:
 Parents Mash
 Beans
 Fruit Salad
 Banana, Kiwi, Pear

15
 Cowboy Mac w/ WGR Pasta, Beans, Corn, Cheese & Tomato Sauce
 Fruit Salad
 Banana, Kiwi, Pear
 6-11 Months:
 Parents Mash
 Beans
 Fruit Salad
 Banana, Kiwi, Pear

20
 Zucchini Cheese Enchilada w/ Beans, Tomato
 WGR Corn Tortillas
 Sour Cream
 Banana
 6-11 Months:
 Parents Mash
 Casserole
 Banana

21
 Zucchini Cheese Enchilada w/ Beans, Tomato
 WGR Corn Tortillas
 Sour Cream
 Banana
 6-11 Months:
 Parents Mash
 Casserole
 Banana

22
 Zucchini Cheese Enchilada w/ Beans, Tomato
 WGR Corn Tortillas
 Sour Cream
 Banana
 6-11 Months:
 Parents Mash
 Casserole
 Banana

27
 Navy Bean Soup,
 Baby Carrots
 House Dip
 WGR Breadstick
 Kiwi Quarters
 6-11 Months:
 Navy Bean Soup
 Kiwi

28
 Navy Bean Soup,
 Baby Carrots
 House Dip
 WGR Breadsticks
 Kiwi Quarters
 6-11 Months:
 Navy Bean Soup
 Kiwi

29
 Navy Bean Soup,
 Baby Carrots
 House Dip
 WGR Breadsticks
 Kiwi Quarters
 6-11 Months:
 Navy Bean Soup
 Kiwi