

April 2018 EHS Lunch Menu

Tuesday

3

 Sliced Cheese
 WGR Crackers
 Applesauce
 Baby Carrot

6-11 Months:
 Cheese
 Baby Carrot
 Applesauce

10

Yogurt with Oat &
 Sunbutter topping
 Cucumbers
 Pears

6-11 Months:
 Yogurt
 Pears

17

WGR Spaghetti
 W/Mushroom,
 Tomato Sauce
 Tropical Fruit
 Sliced Cheese
6-11 Months:
 Parents Chop
 Spaghetti
 Tropical Fruit

24

 **Fish Tacos:**
 Fish Sticks,
 Fine Carrot
 Coleslaw, Tartar
 Sauce,
 WGR Soft Corn
 Tortillas
 Strawberries
6-11 Months:
 Parents Mash
 Fish and Strawberry

Wednesday

4

 Sliced Cheese
 WGR Crackers
 Applesauce
 Baby Carrot

6-11 Months:
 Cheese
 Baby Carrot
 Applesauce

11

Yogurt with Oat &
 Sunbutter topping
 Cucumbers
 Pears

6-11 Months:
 Yogurt
 Pears

18

WGR Spaghetti
 W/Mushroom,
 Tomato Sauce
 Tropical Fruit
 Sliced Cheese
6-11 Months:
 Parents Chop
 Spaghetti
 Tropical Fruit

25

 **Fish Tacos:**
 Fish Sticks,
 Fine Carrot
 Coleslaw, Tartar
 Sauce,
 WGR Soft Corn
 Tortillas
 Strawberries
6-11 Months:
 Parents Mash
 Fish and Strawberry

Thursday

5

 Sliced Cheese
 WGR Crackers
 Applesauce
 Baby Carrot

6-11 Months:
 Cheese
 Baby Carrot
 Applesauce

12

Yogurt with Oat &
 Sunbutter topping
 Cucumbers
 Pears

6-11 Months:
 Yogurt
 Pears

19

WGR Spaghetti
 W/Mushroom,
 Tomato Sauce
 Tropical Fruit
 Sliced Cheese
6-11 Months:
 Parents Chop
 Spaghetti
 Tropical Fruit

26

 **Fish Tacos:**
 Fish Sticks,
 Fine Carrot
 Coleslaw, Tartar
 Sauce,
 WGR Soft Corn
 Tortillas
 Strawberries
6-11 Months:
 Parents Mash
 Fish and Strawberry

Harvest of the Month: CARROTS!



Did You Know...

Carrots are an excellent source of Vitamin A which helps with eye sight, and Vitamin C which creates a strong immune system to help fight off sicknesses.



When purchasing carrots, look for some that are firm to the touch and then store them in the fridge for up to

Carrots are root vegetables that are grown in the ground with a green bushy top.

Carrots can be steamed, roasted, or eaten raw! Let your child help you select carrots from the store and prepare them with you.

Involving children will help them want to taste it, too!

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.

