

April 2018 Lunch Menu

Harvest of the Month:

CARROTS!



Did You Know...

Carrots can be orange, red, yellow, or purple!

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!

Monday

2

MON, COL, CHL, AID

WGR Sandwich with cheese
Pears
Celery Sticks
Honey Mustard

9

CG, EA

WGR Sandwich with Cheese
Pears
Celery Sticks
Honey Mustard

16

Black Bean Chili
Green Salad
House Dressing
WGR Bread Sticks
Oranges

23

Split Pea Soup
Oyster Crackers
Cauliflower with Dip
Sweet Quartered Apples

Tuesday

3

MON, COL, CHL, AID

Yogurt with Oat & Sunbutter topping
Cucumbers
Peaches

10

CG, EA

Yogurt with Oat & Sunbutter topping
Cucumbers
Peaches

17

WGR Spaghetti W/Mushroom,
Tomato Sauce
Tropical Fruit
Cheese Sticks

24

Fish Tacos:

Fish Sticks,
Carrot Coleslaw,
Tartar Sauce,
WGR Soft Tortillas
Strawberries

Wednesday

4

MON, COL, CHL, AID

Hard Boiled Egg
Mini Apples
Broccoli & Dip
WGR Crackers

11

CG, EA

Hard Boiled Egg
Mini Apples
Broccoli & Dip
WGR Crackers

18

Spiced Carrot Soup w/ Lime
WGR Hoagie Rolls w/
Pesto Spread
Turkey Slices
Kiwi

25

Baked Beans
WGR Cornbread
Watermelon
Spinach Slaw

Thursday

5

MON, COL, CHL, AID

WGR Soft Pretzel
Hummus
Carrot Sticks
Fruit Cocktail

12

CG, EA

WGR Soft Pretzel
Hummus
Carrot Sticks
Fruit Cocktail

19

Cottage Cheese
Green Salad
Mixed Veggies,
Garbanzo Beans
Fruit Cocktail
WGR Breadstick
Ranch Dressing

26

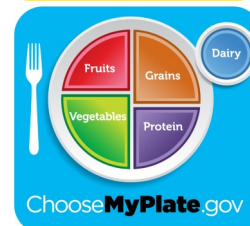
Asian Rice Salad:
Tofu, Snap Peas,
Carrot, Brown Rice
and Sesame
Dressing
Pineapple

SNOHOMISH COUNTY
Head Start
&
Early Head Start



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.



This institution is an equal opportunity provider.