

# April 2019 EHS 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

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.

### Tuesday

2

Cheese Sandwich on WGR bread  
Pears  
Cucumber Slices w/ dip  
6-11 months  
Cheese and Fruit

9

No Socializations

16

Tomato Basil Soup (Tomato, Zucchini)  
Cheese Sticks  
WGR Breadstick  
Mandarin Oranges  
6-11 months  
Soup and Fruit

23

Infant Socializations

30

No Socializations

### Wednesday

3

Yogurt with Oat & Sunbutter topping  
Cucumbers  
Peaches  
6-11 months  
Yogurt and Fruit

10

Yogurt with Oat & Sunbutter topping  
Cucumbers  
Peaches  
6-11 months  
Yogurt and Fruit

17

Tomato Basil Soup (Tomato, Zucchini)  
Cheese Sticks  
WGR Breadstick  
Mandarin Oranges  
6-11 months  
Soup and Fruit

24

Tuna Salad Sandwich on WGR Bread  
Carrot Sticks w/ Dip  
Mixed Melon  
6-11 months  
Tuna Salad and Fruit



### Thursday

4

No Socializations

11

Tuna Salad Sandwich on WGR Bread  
Mini Apples  
Broccoli w/ dip  
6-11 months  
Tuna Salad and Broccoli

18

No Socializations

25

Shepherd's Pie (Turkey, Potato, Peas & Carrots)  
WGR Roll  
Apple sauce  
6-11 months  
Shepherd's Pie and Fruit

### Friday

5

WGR Soft Pretzel  
Hummus  
Cheese slices  
Carrot Sticks  
Tropical Fruit  
6-11 months  
Pretzel, Hummus, Fruit

12

No Socializations

19

Bean and Rice Bowl (Beans, Brown Rice, Corn, Peppers, Onion, Salsa, Shredded Cheese)  
Cucumbers w/ Dip  
Apricots  
6-11 months  
Beans & Rice and Fruit

26

White Chicken Chili (Corn, Carrots, Tomatoes, Onion)  
Corn Muffin  
Kiwi  
6-11 months  
Chili and Fruit

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 Gran 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.