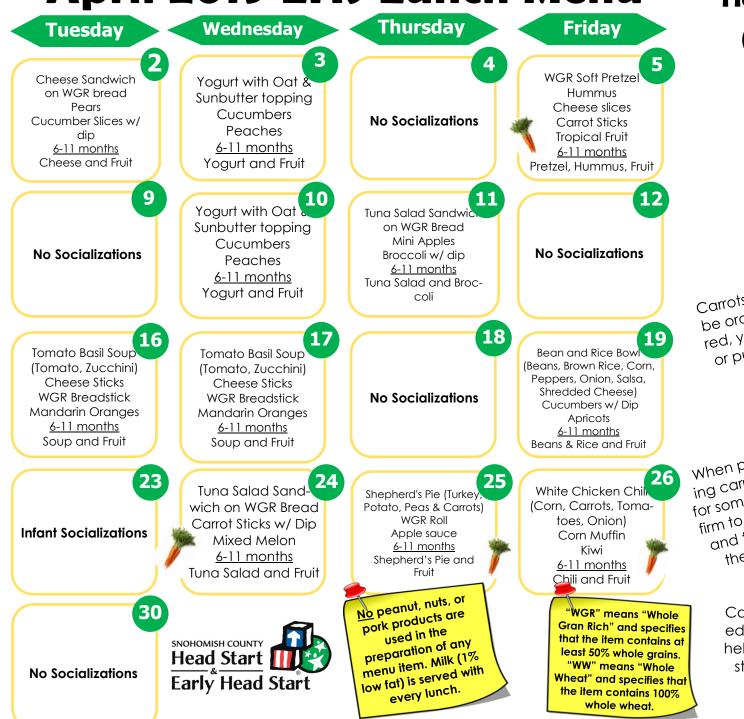
April 2019 EHS Lunch Menu



Harvest of the Month: **CARROTS!**



Did You Know...

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

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

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.

> 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.

This institution is an equal opportunity provider.