

April 2019 Lunch Menu

*Menus for **CG, EA, SE**

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

Egg Salad Sandwich on WGR bread
Pears
Celery Sticks w/ dip

9

No School
Spring Break

16

Tomato Basil Soup (Tomato, Zucchini)
Cheese Sticks
WGR Breadstick
Mandarin Oranges

23

Green Salad w/ Carrots and Dressing
WGR Breadstick
Hard Boiled Egg
Pineapple Tidbits

30

Clam Chowder (Potato, Carrots, Onion)
WGR Roll
Sliced Cheese
Pears

Wednesday

3

Yogurt with Oat & Sunbutter topping
Cucumbers
Peaches

10

No School
Spring Break

17

BYO Taco Day (Ground beef, Beans, Salsa, Cheese, Lettuce, Corn Tortillas)
Applesauce

24

Tuna Salad Sandwich on WGR Bread
Carrot Sticks w/ Dip
Mixed Melon

Thursday

4

Tuna Salad Sandwich on WGR Bread
Mini Apples
Broccoli w/ dip

11

No School
Spring Break

18

BBQ Pulled Chicken
WGR Pretzel Bun
Cabbage & Carrot slaw w/ Vinaigrette
Tropical Fruit

25

Shepherd's Pie (Turkey, Potato, Peas & Carrots)
WGR Roll
Apple Quarters

Friday

5

WGR Soft Pretzel
Hummus
Cheese slices
Carrot Sticks
Tropical Fruit

12

No School
Spring Break

19

Bean and Rice Bowl (Beans, Brown Rice, Corn, Peppers, Onion, Salsa, Shredded Cheese)
Cucumbers w/ Dip
Apricots

26

White Chicken Chili (Corn, Carrots, Tomatoes, Onion)
Corn Muffin
Kiwi

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.