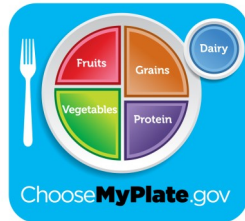


# November 2018 EHS Lunch Menu

## Harvest of the Month: Sweet Potatoes!



**Tuesday**      **Wednesday**      **Thursday**      **Friday**



**6**  
Autumn Sweet Potato and Carrot Soup  
Cheese Stick  
WGR Roll  
Mini Apples  
6-11 months  
Sweet Potato/Carrot Soup  
Diced Cheese

**7**  
Autumn Sweet Potato and Carrot Soup  
Cheese Stick  
WGR Roll  
Mini Apples  
6-11 months  
Sweet Potato/Carrot Soup  
Diced Cheese

**8**  
Chicken tenders  
WGR Pretzel Bun w/ BBQ sauce  
Mashed Sweet Potato  
Pears  
6-11 months  
Mashed Sweet Potato  
Pears

**9**  
No Socializations

**13**  
Infant Socialization

**14**  
Tuna Salad Sandwich on WGR Bread  
Carrot Sticks  
Pineapple Tidbits  
6-11 months  
Tuna Salad and Pineapple tidbits

**15**  
No Socializations

**16**  
Sweet Potato Puffs w/ Dip  
Cheese Stick  
WGR Crackers  
Bananas  
6-11 months  
Sweet Potato Puffs  
Bananas

**20**  
Potato Chowder  
Cheese Stick  
WGR Roll  
Mixed melon  
6-11 months  
Potato Chowder  
Mixed Melon

**21**  
Potato Chowder  
Cheese Stick  
WGR Roll  
Mixed melon  
6-11 months  
Potato Chowder  
Mixed Melon

**22**  
No Socializations

**23**  
No Socializations

**27**  
No Socializations

**28**  
Cowboy Mac (WGR Pasta, Sweet Potato, Corn, Beans, Carrots, Cheese)  
Peaches  
6-11 months  
Parents mash Pasta  
Peaches

**29**  
No Socializations

**30**  
No Socializations

Sweet potatoes are a delicious root vegetable that can be substituted for regular potatoes in recipes.

Orange sweet potatoes are loaded with beta-carotene, which converts to the antioxidant Vitamin A in our body.

Sweet potatoes come in all the colors of the rainbow! Most commonly you will see varieties that have a white flesh or a dark orange flesh (sometimes called a yam).

Vitamin A promotes a healthy immune system and good vision.

Store sweet potatoes in a cool, dark place for use within 3-5 weeks.

### Baked Sweet Potato Fries

#### Ingredients

- 1 Tablespoon olive or canola oil, to coat
- 2 large sweet potatoes, unpeeled and cut into thin fries
- ½ teaspoons salt
- ½ tsp garlic powder (optional)
- ½ tsp cinnamon (optional)



#### Directions

1. Preheat oven to 425 degrees.
2. Put cut fries into large ziploc bag (or bowl) with olive oil, put in salt, garlic and cinnamon and shake to coat.
3. Place fries onto baking sheet leaving space between fries.
4. Put in oven for 10 minutes and then flip them over.
5. Place back in for 10 more minutes.
6. They should be soft on the inside and browned on the outside.
7. Let cool for 5 minutes.

You can also try 1/4 packet taco seasoning or your favorite spice instead. Enjoy!

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, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

*This institution is an equal opportunity provider.*