

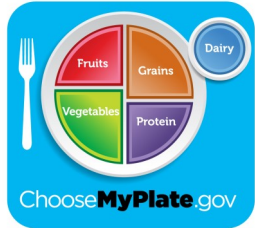
# February 2019 EHS Lunch Menu

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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.

1  
 WGR Pita Bread  
 Hummus  
 Cucumber Rounds  
 Cheese Stick  
 Fruit  
 6-11 months  
 Pretzel, Hummus and Pears

5  
 BYO Pizza Day  
 (Pizza Sauce, Cheese Slices, Pineapple, WGR English Muffin)  
 6-11 months  
 Cheese Slices and Pineapple

6  
 Southwest Chili (Beans, Carrots, Corn, Bell Pepper)  
 WGR Roll  
 Applesauce  
 6-11 months  
 Chili and Applesauce

7  
 No Socializations

8  
 No Socializations

12  
 Infant Socialization

13  
 Baked Ziti  
 (WGR Pasta, Cheese, Light Tomato sauce)  
 Broccoli w/ Dip  
 Pears  
 6-11 months  
 Parents mash pasta and Pears

14  
 Fish Tacos  
 (Fish filets, Tartar Sauce, WGR Tortilla)  
 Coleslaw  
 Pineapple Tidbits  
 6-11 months  
 Fish and Pineapple

15  
 Bean and Rice bowl  
 (Beans, Brown Rice, Corn, Peppers, Onion, Salsa, Shredded Cheese)  
 Peaches  
 6-11 months  
 Beans/Rice and Peaches

19  
 Tomato Basil Soup  
 (Tomato, Zucchini),  
 Cheese Sticks  
 WGR Breadstick  
 Mandarin Oranges  
 6-11 months  
 Soup and Mandarin Oranges

20  
 Tomato Basil Soup  
 (Tomato, Zucchini),  
 Cheese Sticks  
 WGR Breadstick  
 Mandarin Oranges  
 6-11 months  
 Soup and Mandarin Oranges

21  
 No Socializations

22  
 No Socializations

26  
 No Socializations

27  
 Tuna salad  
 Sandwich on WGR Bread  
 Cucumber slices w/ Dip  
 Mixed Melon  
 6-11 months  
 Tuna salad and Melon

28  
 Shepherd's Pie (Turkey, Potato, Peas & Carrots)  
 WGR Roll  
 Apple Quarters  
 6-11 months  
 Shepard's Pie and Apple Quarters

## Did You Know...

Cabbage is one of the oldest vegetables in existence and a dietary staple throughout the world.

Cabbage is high in fiber, vitamin C, vitamin K, and naturally fat free and cholesterol free.

Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried, or eaten raw.



Look for the cabbage image on the menu to find new ways to serve cabbage at home!

Ask your child about the fun things they learned about cabbage in their class this month!

