

June 2018 Breakfast/Snack Menu



Monday

4
Chex Cereal
Cranberry Juice

Snack Mix
(Cheerios, Chex,
Hard Pretzel, Crackers)
Fruit Cocktail

11
Rice Crispy Cereal
Orange Juice

Butterfly Crackers
Oranges

Tuesday

5
Sundried Tomato
Bagel Cream Cheese
Applesauce

Sundried Tomato
Bagel Cream Cheese
Applesauce

12
Assorted Bagels
Cream Cheese
Mixed Berries

Assorted Bagels
Cream Cheese
Mixed Berries

Wednesday

6
WGR English Muffins
Cheese Slices
Peaches

WGR English Muffins
Cheese Slices
Peaches

13
Rice Cakes
w/ Sunbutter
Bananas

Rice Cakes
w/ Sunbutter
Bananas

Thursday

7
Cottage Cheese
Pears

Cottage Cheese
Pears

14
Deluxe Snack Mix
(Cheerios, Chex,
Hard Pretzel, Dried Apricot)
Fruit Medley

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(Cheerios, Chex,
Hard Pretzel, Dried Apricot)
Fruit Medley

June is Berry Month!

One of the great opportunities of summer is visiting local you-pick farms. It is an excellent way for your child to learn about how fruits and vegetables grow, as well as using their motor skills to help pick their own produce. Did you know there are many farms within a 15 mile drive?



Visit www.pickyourown.org/WAseattlearea.htm for addresses and more information!

Did you know you can get extra WIC checks specifically to use at local farmer's markets? You can! All WIC participants are eligible! Ask your local WIC agency about which days this month you can get these free checks before they run out.

Many local farmer's markets also accept EBT benefits and some even match the amount you spend, giving you MORE! Ask your teacher for a flyer with more details!

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

"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.

Strawberry Mango Salsa

INGREDIENTS

3/4 cup diced strawberries	1 avocado, diced
3/4 cup diced mango	2 Tbls chopped fresh cilantro
1 jalapeno, seeded and minced	Juice of 1 lime
2 Tbls diced red onion	Salt and pepper to taste

DIRECTIONS

In a large bowl, combine strawberries, mango, avocado, jalapeno, onion, cilantro, and lime juice. Serve immediately over grilled fish, in a taco, or eat it plain!

