

June 2018 EHS Lunch Menu

Tuesday

Wednesday

Thursday

5
 WGR Spaghetti
 Pasta w/ Red
 Mushroom Meat Sauce
 and Cheese
 Green Beans
 Strawberries



6-11 Months:
 WGR Pasta, Green
 Beans, Strawberries

6
 WGR Spaghetti
 Pasta w/ Red
 Mushroom Meat Sauce
 and Cheese
 Green Beans
 Strawberries



6-11 Months:
 WGR Pasta, Green
 Beans, Strawberries

7
 WGR Spaghetti
 Pasta w/ Red
 Mushroom Meat Sauce
 and Cheese
 Green Beans
 Strawberries



6-11 Months:
 WGR Pasta, Green
 Beans, Strawberries

12
 Chicken Tenders
 Blueberry BBQ Sauce
 Whole Wheat Roll
 Sweet Potatoes Puffs
 Strawberries



6-11 Months:
 Sweet Potatoes,
 Strawberries,
 Chopped Chicken

13
 Chicken Tenders
 Blueberry BBQ Sauce
 Whole Wheat Roll
 Sweet Potatoes Puffs
 Strawberries



6-11 Months:
 Sweet Potatoes,
 Strawberries,
 Chopped Chicken

14
 Chicken Tenders
 Blueberry BBQ Sauce
 Whole Wheat Roll
 Sweet Potatoes Puffs
 Strawberries



6-11 Months:
 Sweet Potatoes,
 Strawberries,
 Chopped Chicken

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!

Frozen Yogurt Berry Bites

INGREDIENTS

1 cup vanilla Greek yogurt
 2 cups blueberries, blackberries, strawberries, or bananas

DIRECTIONS

Wash berries and drain. Cut large pieces of fruit into small pieces appropriate for the child's age. Working one at a time, dip the fruit into the yogurt (with a toothpick or dipping tool) and place on a lined baking sheet. Freeze the fruit for 1-2 hours, remove them from the baking sheet and eat them or place them in a Ziploc bag and return to freezer to be ready to eat!



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!

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, peanut products, pork or pork products are used in the preparation of any menu item.

