

June 2018 Lunch Menu

It's Berry Month!

Monday

4

Tomato Zucchini Soup
Cheese sandwich on WGR bread
Apple Quarters

11

Manhattan Clam Chowder
WGR Bread Sticks
Cheese Topping
Pears

Tuesday

5

WGR Spaghetti w/ Red Mushroom Meat Sauce
Spring Mix Salad w/ Ranch Dressing
Strawberries



12

Chicken Tenders
WGR Pretzel Bun w/ Blueberry BBQ Sauce
Celery Sticks
Pineapple



Wednesday

6

Enchilada Casserole w/ WGR Tortillas, Zucchini, Corn, Bell Peppers, Beans
Cilantro Slaw w/ Sour Cream Dressing
Banana

13

Spinach Salad w/ Strawberries
Balsamic Dressing
Hard Boiled Egg
WGR Breadstick



Thursday

7

WGR Pasta Pesto Salad w/ Cauliflower and Carrots
Melon Medley
Hardboiled Egg

14

Cheese Stick
Carrot Sticks W/Dip
WW Tea Roll
Mini Apples

Did You Know...

Berries grow on different types of plants including bushes and canes. These plants live for many years and grow a new crop of berries each year.

Berries contain Vitamin C, fiber, potassium, and other antioxidants (phytochemicals that can reduce your risk to certain cancers and heart disease).

Choose berries that are brightly colored and not mushy or moldy. Try to eat fresh berries within a week. If you can't eat them before they get mushy, you can put them in the freezer! Frozen berries will last for 6 months to a year in the freezer.

Don't wash berries until you are about to eat them. The water makes them mushy.

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.



Frozen Yogurt Berry Bites

INGREDIENTS

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

DIRECTIONS

Wash berries and drain. Working one at a time, dip the berries into the yogurt (with a toothpick or dipping tool) and place on a lined baking sheet. Freeze the berries 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!

