

# March 2019 EHS Lunch Menu

**Tuesday**



**Wednesday**

**Thursday**

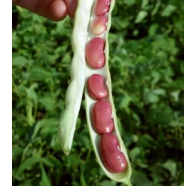
**Friday**

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 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.

## Beans, Beans, Beans!

Beans are an excellent, low cost protein source that are full of fiber and flavor!



Try planting some dry beans in a cup with soil. Your child will love to water daily and see what sprouts! Have fun!

There are over 40,000 bean varieties! Try a new type today, such as: Garbanzo, navy, lentil, fava, or black eye beans!



Beans can help stretch your food dollars. They are a great source of protein, just like meat. Cooking meals with plenty of beans and a small amount of meat for flavor will save money!



**5**

Navy Bean Soup  
 (Turkey Ham, Carrots, Onion, Beans)  
 WGR Roll  
 Mandarins  
 6-11 months  
 Soup and Fruit



**6**

Navy Bean Soup  
 (Turkey Ham, Carrots, Onion, Beans)  
 WGR Roll  
 Mandarins  
 6-11 months  
 Soup and Fruit



**7**

No Socializations

**8**


No Socializations

**12**

Infant Socialization

**13**

Cowboy Mac  
 (WGR Pasta, Corn, Beans, Cheese)  
 WGR Breadstick  
 Bananas  
 6-11 months  
 Parents mash Pasta and Fruit



**14**

Corned Beef Stew  
 (Cabbage, Potatoes, Carrots)  
 Corn Bread  
 Kiwi and Pears  
 6-11 months  
 Soup and Fruit

**15**

WGR Pita Bread  
 Hummus  
 Cheese Stick  
 Cucumber Rounds  
 Mixed Melon  
 6-11 months  
 Hummus, & Pita & Cucumbers



**19**

BYO Pizza Day  
 (Pizza Sauce, Cheese, Turkey, Pineapple, Olives, WGR English Muffin)  
 6-11 Months  
 Diced Turkey, Cheese, Pineapple

**20**

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



**21**

No Socializations

**22**

No Socializations

**26**

Minestrone Soup (White Bean, Carrots, Broccoli)  
 Hard Boiled Egg  
 WGR Breadstick  
 Orange Slices  
 6-11 months  
 Soup and Fruit



**27**

Baked Ziti/Rotini (WGR Pasta, Light Tomato Sauce, Spinach, Cheese)  
 Broccoli w/ Dip  
 Pears  
 6-11 months  
 Parents mash Pasta and Fruit

**28**

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

**29**

No School