

May 2018 EHS Lunch Menu

Tuesday

Wednesday

Thursday

1
WGR Pita, Pizza Sauce, Mozzarella, Olives, Turkey, Mushrooms, Peaches

6-11 Months:
 Cheese, WGR Pita, Turkey, Peaches

2
WGR Pita, Pizza Sauce, Mozzarella, Olives, Turkey, Mushrooms, Peaches

6-11 Months:
 Cheese, WGR Pita, Turkey, Peaches

3
WGR Pita, Pizza Sauce, Mozzarella, Olives, Turkey, Mushrooms, Peaches

6-11 Months:
 Cheese, WGR Pita, Turkey, Peaches

8
Un-fried Brown Rice with Beans, Asparagus, Peas and Carrots, Sweet and Sour Sauce Green Salad Mandarin Oranges

6-11 Months:
 Brown Rice and beans Mandarin Oranges

9
Un-fried Brown Rice with Beans, Asparagus, Peas and Carrots, Sweet and Sour Sauce Green Salad Mandarin Oranges

6-11 Months:
 Brown Rice and beans Mandarin Oranges

10
Un-fried Brown Rice with Beans, Asparagus, Peas and Carrots, Sweet and Sour Sauce Green Salad Mandarin Oranges

6-11 Months:
 Brown Rice and beans Mandarin Oranges

15
Fish Tacos: Tilapia, Coleslaw w/ Asparagus, Tartar Sauce, WGR Corn Tortillas Watermelon

6-11 Months:
 Parents Mash Fish and Watermelon

16
Fish Tacos: Tilapia, Coleslaw w/ Asparagus, Tartar Sauce, WGR Corn Tortillas Watermelon

6-11 Months:
 Parents Mash Fish and Watermelon

17
Fish Tacos: Tilapia, Coleslaw w/ Asparagus, Tartar Sauce, WGR Corn Tortillas Watermelon

6-11 Months:
 Parents Mash Fish and Watermelon

22
Cowboy Mac w/ WGR Pasta, Beans, Asparagus, Corn, Cheese, & Tomato Sauce Applesauce

6-11 Months:
 Parent Mash Casserole Applesauce

23
Cowboy Mac w/ WGR Pasta, Beans, Asparagus, Corn, Cheese, & Tomato Sauce Applesauce

6-11 Months:
 Parent Mash Casserole Applesauce

24
Cowboy Mac w/ WGR Pasta, Beans, Asparagus, Corn, Cheese, & Tomato Sauce Applesauce

6-11 Months:
 Parent Mash Casserole Applesauce

29
Tuna Casserole w/ WGR Elbow Macaroni Asparagus, Peas and Carrots Strawberries

6-11 Months:
 Parents Mash Casserole Strawberries

30
Tuna Casserole w/ WGR Elbow Macaroni Asparagus, Peas and Carrots Strawberries

6-11 Months:
 Parents Mash Casserole Strawberries

30
Tuna Casserole w/ WGR Elbow Macaroni Asparagus, Peas and Carrots Strawberries

6-11 Months:
 Parents Mash Casserole Strawberries

Did You Know...

Children cannot eat enough food with just 3 meals because their stomachs are small. They grow best with 3 meals and 1 to 2 small snacks each day.

Snacks Need to Be Nutritious!

Children who fill their small tummies with candy, soda and chips will not have room for nutritious meals and snacks.

Snacks Need to Be Planned!

Try to have 1 to 2 hours without eating before a meal. Children who snack all day long may not be hungry at meal times. If you are having lunch at 12:00, have a snack at 10:00.

Try These Fun Snacks at Home!

Yogurt Berries - Dip fresh strawberries, raspberries or blueberries in yogurt. Place in the freezer and freeze until yogurt is frozen.

Fruit Kabobs - Put chunks of fruit and soft cheese on pretzel sticks or skewers.



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.