

May 2019 EHS Lunch Menu



Tuesday

Wednesday

Thursday

Friday

7
Split Pea Soup
(Carrots, Celery, Onion, Split Peas)
WGR Sliced Bread
Apple Quarters
6-11 months
Soup and Applesauce

8
Cowboy Mac
(WGR Pasta, Corn, Beans, Cheese)
WGR Breadstick
Asparagus, Peaches
6-11 months
Pasta and Peaches

9
Turkey and Cheese Sandwich on WGR Bread
Broccoli w/ Dip
Kiwi
6-11 months
Cheese and Kiwi

10
No Socializations

14
Infant socialization

15
Southwest Chili
(Beans, Carrots, Corn, Bell Pepper)
WGR Roll
Apple Quarters
6-11 months
Chili and Applesauce

16
No Socializations

17
Chicken Salad
Cucumber Slices
Butterfly Crackers
Apricots
6-11 months
Chicken Salad and Watermelon

21
Cream of Asparagus Soup
(Asparagus, Carrots, Celery)
Cheese Slices
WGR Breadstick
Orange Slices
6-11 months
Soup, Cheese slices, Orange Slices

22
Baked Ziti/Rotini (WGR Pasta, Light Tomato Sauce, Spinach, Cheese)
Broccoli w/ Dip
Pears
6-11 months
Pasta and Pears

23
Fish Tacos
(Fish, Tartar Sauce, WGR Tortilla)
Coleslaw, Strawberries
6-11 months
Fish and Strawberries

24
No Socializations

28
No Socializations

29
BYO Taco Day
(Ground Beef, Beans, Salsa, Cheese, Lettuce, Corn Tortillas)
Applesauce
6-11 months
Ground Beef, Beans and Applesauce

30
No Socializations

31
No Socializations

~Asparagus~



Asparagus stems grow directly from the ground and are harvested in April to June. They can grow an inch an hour!

Asparagus is delicious steamed, roasted, or sautéed. Try adding it into your stir-fry, soups, or tacos!

Asparagus is high in folate, Vitamin K, Vitamin A, and antioxidants, which help your body function properly.

Kids can help prepare asparagus by:
Snapping off the tough white ends,
cutting cooked asparagus with a plastic knife,
Using hands to toss asparagus with olive oil, salt and pepper to prepare for roasting!

Oven Roasted Asparagus Recipe

INGREDIENTS

1 Bunch Asparagus	½ tsp Salt
3 Tbsp Oil	½ tsp Pepper
1 ½ Tbsp Parmesan Cheese	1 clove Minced Garlic

DIRECTIONS

- Preheat oven to 425 degrees
- Place trimmed asparagus in mixing bowl or plastic bag. Drizzle with oil of choice then sprinkle with remaining ingredients. Toss to coat asparagus spears.
- Arrange asparagus in a single layer on a baking sheet.
- Bake in preheated oven until just tender, about 10 minutes depending on thickness. Enjoy!

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.