

# October 2018 EHS Lunch Menu

## Tuesday

**2**  
 Tuna Salad sandwich on WGR Bread  
 Cucumber slices  
 Pears  
6-11 months  
 Tuna Salad and Cucumber slices

**9**  
 Potato Chowder  
 Cheese Stick  
 WGR Roll  
 Pineapple  
6-11 months  
 Potato Chowder and Pineapple Tidbits

**16**  
 Split Pea Soup (Celery, Carrots, Potato)  
 WGR Crackers  
 Peaches  
6-11 months  
 Split Pea Soup and Peaches

**23**  
 No Socializations

**30**  
 No Socializations

## Wednesday

**3**  
 Tuna Salad sandwich on WGR Bread  
 Cucumber slices  
 Pears  
6-11 months  
 Tuna Salad and Cucumber slices

**10**  
 Potato Chowder  
 Cheese Stick  
 WGR Roll  
 Pineapple  
6-11 months  
 Potato Chowder and Pineapple Tidbits

**17**  
 Cowboy Mac (WGR Pasta, Corn, Peas/Carrots, Beans, Cheese)  
 Mandarin Oranges  
6-11 month  
 Parent mash Pasta  
 Mandarin Oranges

**24**  
 Southwest Chili (Beans, Carrots, Tomato, Corn, Bell Pepper)  
 WGR Corn Bread  
 Applesauce  
6-11 months  
 Chili and Applesauce

**31**  
 No Socializations

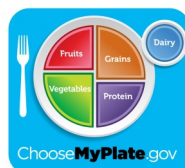
## Thursday

**4**  
 No Socializations

**11**  
 Chicken salad  
 WGR Crackers  
 Green Beans  
 Bananas  
6-11 months  
 Chicken Salad and Green Beans

**18**  
 No Socializations

**25**  
 Spaghetti (WGR Pasta, Ground Beef, Tomato Sauce, Cheese)  
 Green Beans  
 Fruit Cocktail  
6-11 months  
 Parent mash Spaghetti and Green Beans



## Friday

**5**  
 Sweet Potato Puffs w Dip  
 Cheese stick  
 WGR Soft Pretzel  
 Mini Apples  
6-11 months  
 Sweet Potato Puffs  
 Applesauce

**12**  
 No Socializations

**19**  
 WGR Pita Bread  
 Beet Hummus  
 Carrot Sticks  
 Pears  
6-11 months  
 WGR Pita, Hummus and Pears

**26**  
 No Socializations



## BEETS!



Beet roots, the bulb part, is grown underground like a carrot. But, the beet greens are grown above ground!

Every part of the beet is edible, even the greens! Try sautéing them like spinach or chard. Delicious!

Beets are high in folate, a vitamin needed to make DNA and red blood cells, and helps prevent neural tube defects during pregnancy.

Beets are harvested in Washington from May to October and can be available year round!

Choose beets that are about the size of a baseball with fresh greens attached. Cut off the greens when you get home and place the greens and root in separate bags in the fridge. The greens will last a few days and the beetroots will last several weeks.

Beets are delicious steamed, roasted, or eaten raw in a salad.

Beets have a vibrant red color that can stain. Save beet juice to use in coloring homemade play dough or finger paints!

"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, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

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.