

March 2017 EHS Lunch Menu

Tuesday

Wednesday

Thursday

SNOHOMISH COUNTY
Head Start
&
Early Head Start



1
Tuna Melt Casserole
w/ Peas, Carrots,
Noodles
Pineapple

8-11 Months:
Parents Mash
Casserole

2
Tuna Melt Casserole
w/ Peas and Carrots,
Noodles
Pineapple

8-11 Months:
Parents Mash
Casserole

7
Baked Beans
Corn Bread
Watermelon
Cucumbers

8-11 Months:
Parents Mash
Beans and
Watermelon

8
Potato Chowder
Cheese Sandwich
Banana

8-11 Months:
Cheese Sandwich
Pieces and
Banana

9
Potato Chowder
Cheese Sandwich
Banana

8-11 Months:
Cheese Sandwich
Pieces and
Banana

14
Tri-Colored
Succotash
French Bread
Applesauce

8-11 Months:
Parents Mash
Beans
Applesauce

15
Tri-Colored
Succotash
French Bread
Peppermint Fruit
Salad (Banana, Kiwi,
Pears)

8-11 Months:
Parents Mash
Beans and
Fruit Salad

16
Tri-Colored
Succotash
French Bread
Peppermint Fruit
Salad (Banana, Kiwi,
Pears)

8-11 Months:
Parents Mash
Beans and
Fruit Salad

21
Zucchini Cheese
Enchilada
Casserole
Cilantro Slaw w/
Sour Cream
Dressing, Banana

8-11 Months:
Parents Mash
Casserole

22
Pasta e Fagioli
(Pasta w/ Cranberry
Bean Soup)
Cilantro Slaw w/
Sour Cream
Dressing, Fresh Fruit

8-11 Months:
Parents Mash Pasta
and Beans

23
Pasta e Fagioli
(Pasta w/ Cranberry
Bean Soup)
Cilantro Slaw w/
Sour Cream
Dressing, Fresh Fruit

8-11 Months:
Parents Mash Pasta
and Beans

28
Soft Bean Tacos
Salsa & Cilantro
Blanched Carrots
Kiwis and Oranges

8-11 Months:
Carrots, Oranges,
and Kiwi

29
Shepherd's Pie w/
Turkey, Potato,
Peas, and Carrots
Whole Wheat Roll
Applesauce

8-11 Months:
Casserole and
Applesauce

30
Shepherd's Pie w/
Turkey, Potato,
Peas, and Carrots
Whole Wheat Roll
Applesauce

8-11 Months:
Casserole and
Applesauce

March is National NUTRITION Month!



Celebrate by developing
new family nutrition goals
this month. You could:

Try a new
vegetable
every week!



Drink more
water instead
of sugary
drinks!



Avoid the
snack, candy,
and soda
aisles!



Develop a
weekly menu
and cook at
home!

Serve dinners
with all 5 food
groups!

Let your child
help prepare
nutritious
snacks!



Children 12-23
months old are
offered whole milk
and everyone over
24 months is offered
1% milk with lunch.

Infants 4-11
months old are
offered breast
milk, formula, and
iron fortified infant
cereal at every
meal.

Many doctors
recommend
waiting to introduce
solid foods until
infants are 6 months
of age.

No peanut, peanut
products, pork or
pork products are
used in the
preparation of any
menu item.