

January 2026 Socialization Menu

Mondays
9:30am to 11:30am or 12:00 to 2:00pm

12

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Bread stick
Mini Apples
6-11 months old
Soup
Diced Cheese
WGR Bread stick
Applesauce

26

Chicken Teriyaki
(Chicken, Brown Rice)
Broccoli w/ Dip
Mandarin Oranges
6-11 months old
Diced chicken, Brown
Rice, Steamed Broccoli
Mandarin Oranges

Infants 0-11 months
old are offered
breast milk or for-
mula.

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

“WGR” means
“Whole Grain Rich”
and specifies that the
item contains at least
50% whole grains.

No peanut, nuts, or
pork products are
used in the
preparation of any
menu item. Milk (1%
low fat) is served with
every lunch.



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Winter Root Vegetables

Root vegetables have been part of the human diet for nearly 5 million years! They are full of nutrients, are extremely versatile, and cost effective! We are focusing on parsnips, turnips, and rutabagas in the classroom. Try them this month with your family at home, too!

Parsnips

Parsnips are a wonderful fall and winter treat! Slice and add to a stir-fry; add to soups and stews like potatoes; or peel or grate to add to salads and wraps.



Turnips

Turnips are a great all-season vegetable. You can eat them raw in the spring and early summer with salt and pepper or in salads. You can chop them to add to soups and stews in the fall and winter. Add cooked turnips to mashed potatoes for extra flavor; roast them with carrots and other roots for a hearty side dish!



Rutabagas

Rutabagas are a kitchen secret – they add extra flavor, spice, and zing to dishes. Boil them with your potatoes for mashed potatoes; or slice them very thin, sprinkle with salt, pepper and olive oil, and roast at 400 degrees for 15 - 20 minutes for rutabaga chips!



This institution is an equal opportunity provider.