

January 2026 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday	Wednesday	Thursday	Friday
6 Potato Chowder (Potatoes, Carrots, Celery, Onion) Hardboiled Egg WGR Roll Pears	7 BBQ Pulled Chicken Sandwiches on WGR Buns Carrot & Parsnip Slaw w/ Raisins Pineapple Tidbits	8 BYO Tacos (Ground Beef, Flour Tortilla, Beans, Salsa, Lettuce, Shredded Cheese) Peaches	9 Turkey and Cheese Sandwich on WGR Bread Broccoli & Cauliflower w/ Dip Mandarin Oranges
13 Tomato Basil Soup (Tomato, Zucchini) Cheese Stick WGR Bread stick Applesauce	14 Egg Salad Sandwich on WGR Bread Steamed Carrots w/ Dip Mandarin Oranges	15 Roast Turkey w/ Gravy Potato & Rutabaga Mash WGR Roll Peaches	16 Chicken Salad Sandwich on WGR Bread Broccoli w/ Dip Bananas
20 Chicken and rice Soup with Turnips (Rice, Chicken, Carrots, Turnips, Onion) WGR Roll Peaches	21 Pasta Bake (Pasta, Tomato Sauce, Cheese) Broccoli w/ Dip Mandarin Oranges	22 Sloppy Joe's on WGR Buns (Ground Beef, Tomato Sauce) Roasted Sweet Potatoes Orange Wedges	23 Turkey and Cheese Sandwich on WGR Bread Cucumber w/ Dip Applesauce
27 Southwest Chili (Beans, Corn, Bell Peppers, Parsnips) WGR Roll Peaches	28 Chicken Teriyaki (Chicken, Brown Rice) Broccoli w/ Dip Mandarin Oranges	29 BYO Pizza Day (WGR Crust, Tomato Sauce, Cheese, Smoked Turkey) Steamed Carrots w/ Dip Pineapple Tidbits	30 WGR Pita Bread Roasted Red Pepper Hummus Cheese Stick Cucumber Applesauce

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% Iron-fortified infant cereal is available for infants 6-11m old.

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

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

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

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!

