

January 2026 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

6

Potato Chowder
(Potatoes, Carrots,
Celery, Onion)
Hardboiled Egg
WGR Roll
Pears

13

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Bread stick
Applesauce

20

Chicken and rice
Soup with Turnips
(Rice, Chicken, Car-
rots, Turnips, Onion)
WGR Roll
Peaches

27

Southwest Chili
(Beans, Corn, Bell
Peppers, Parsnips)
WGR Roll
Peaches

Wednesday

7

BBQ Pulled Chick-
en Sandwiches on
WGR Buns
Carrot & Parsnip
Slaw w/ Raisins
Pineapple Tidbits

14

Egg Salad Sand-
wich on WGR
Bread
Steamed Carrots
w/ Dip
Mandarin Oranges

21

Pasta Bake
(Pasta, Tomato
Sauce, Cheese)
Broccoli w/ Dip
Mandarin Oranges

28

Chicken Teriyaki
(Chicken, Brown
Rice)
Broccoli w/ Dip
Mandarin Oranges

Thursday

8

BYO Tacos
(Ground Beef, Flour
Tortilla, Beans, Sal-
sa, Lettuce, Shred-
ded Cheese)
Peaches

15

Roast Turkey w/
Gravy
Potato & Rutaba-
ga Mash
WGR Roll
Peaches

22

Sloppy Joe's on WGR
Buns
(Ground Beef, Toma-
to Sauce)
Roasted Sweet Pota-
toes
Orange Wedges

29

BYO Pizza Day
(WGR Crust, Tomato
Sauce, Cheese,
Smoked Turkey)
Steamed Carrots w/
Dip
Pineapple Tidbits

Friday

9

Turkey and
Cheese Sandwich
on WGR Bread
Broccoli & Cauli-
flower w/ Dip
Mandarin Oranges

16

Chicken Salad
Sandwich on WGR
Bread
Broccoli w/ Dip
Bananas

23

Turkey and
Cheese Sandwich
on WGR Bread
Cucumber w/ Dip
Applesauce

30

WGR Pita Bread
Roasted Red Pep-
per Hummus
Cheese Stick
Cucumber
Applesauce

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!



"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.

This institution is an equal opportunity provider.