

January 2026 EHS 6-11m Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

6

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

13

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

20

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

27

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

Wednesday

7

Shredded Chicken
Steamed Carrots
& Parsnips
Pineapple Tidbits

14

Egg Salad
WGR Sandwich
Bread
Steamed Carrots
Mandarin Oranges

21

Pasta Bake
(Pasta, Tomato
Sauce, Cheese)
Steamed Broccoli
Mandarin Oranges

28

Chicken Teriyaki
(Diced Chicken,
Brown Rice)
Steamed Broccoli
Mandarin Oranges

Thursday

8

Ground Beef
Beans
Steamed Carrots
Shredded Cheese
Diced Peaches

15

Diced Roast Tur-
key w/ Gravy
Potato & Rutaba-
ga Mash
WGR Roll
Diced Peaches

22

Sloppy Joe mix
(Ground Beef, Toma-
to Sauce)
WGR Bun
Roasted Sweet Pota-
to
Diced Pears

29

WGR Crust Strips
Tomato Sauce
Shredded Cheese
Diced Turkey
Steamed Carrots
Pineapple Tidbits

Friday

9

Diced Turkey &
Diced Cheese
Steamed Broccoli
Mandarin Oranges

16

Chicken Salad
WGR Sandwich
Bread
Steamed Broccoli
Bananas

23

Diced Turkey &
Diced Cheese
Sliced Cucumber
Applesauce

30

WGR Pita Bread
Roasted Red Pep-
per Hummus
Diced Cheese
Sliced 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.