

January 2026 EHS 6-11m Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



| Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|
| 6 Potato Chowder (Potatoes, Carrots, Celery, Onion) Diced Hardboiled Egg WGR Roll Diced Pears | 7 Shredded Chicken Steamed Carrots & Parsnips Pineapple Tidbits | 8 Ground Beef Beans Steamed Carrots Shredded Cheese Diced Peaches | 9 Diced Turkey & Diced Cheese Steamed Broccoli Mandarin Oranges |
| 13 Tomato Basil Soup (Tomato, Zucchini) Diced Cheese WGR Bread stick Applesauce | 14 Egg Salad WGR Sandwich Bread Steamed Carrots Mandarin Oranges | 15 Diced Roast Turkey w/ Gravy Potato & Rutabaga Mash WGR Roll Diced Peaches | 16 Chicken Salad WGR Sandwich Bread Steamed Broccoli Bananas |
| 20 Chicken and rice Soup with Turnips (Rice, Chicken, Carrots, Turnips, Onion) WGR Roll Diced Peaches | 21 Pasta Bake (Pasta, Tomato Sauce, Cheese) Steamed Broccoli Mandarin Oranges | 22 Sloppy Joe mix (Ground Beef, Tomato Sauce) WGR Bun Roasted Sweet Potato Diced Pears | 23 Diced Turkey & Diced Cheese Sliced Cucumber Applesauce |
| 27 Southwest Chili (Beans, Corn, Bell Peppers, Parsnips) WGR Roll Diced Peaches | 28 Chicken Teriyaki (Diced Chicken, Brown Rice) Steamed Broccoli Mandarin Oranges | 29 WGR Crust Strips Tomato Sauce Shredded Cheese Diced Turkey Steamed Carrots Pineapple Tidbits | 30 WGR Pita Bread Roasted Red Pepper Hummus Diced Cheese Sliced 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!

