

# January 2026 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  
Mini Apples

20

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

27

Southwest Chili  
(Beans, Corn, Bell  
Peppers, Parsnips)  
WGR Corn Chips  
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  
Carrot sticks 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)  
Green Salad w/  
Dressing  
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  
Mini Apples

30

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

## 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% 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.

*This institution is an equal opportunity provider.*