

February 2026 Socialization Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Mondays

9:30am to 11:30am or 12:00 to 2:00pm

9

**Cabbage Patch Stew
(Ground Beef, Beans,
Cabbage, Potatoes, Car-
rots)**

WGR Roll

Pineapple Tidbits

6-11 months old

Soup

Roll

Pineapple Tidbits

23

**Potato Chowder
(Potatoes, Onion, Car-
rots)**

Cheese Stick

WGR Rolls

Peaches

6-11 months old

Soup

WGR Roll

Peaches

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

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

"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.

Did You Know...

Cabbage is one of the oldest vegetables in existence and a dietary staple throughout the world.

Cabbage is high in fiber, vitamin C, vitamin K, and naturally fat free and cholesterol free.

Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried, or eaten raw.



Look for the cabbage image on the menu to find new ways to serve cabbage at home!

Ask your child about the fun things they learned about cabbage in their class this month!



This institution is an equal opportunity provider.