

February 2026 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

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.

3
Lentil Soup
(Lentils, Smoked Turkey, Onion, Carrots)
WGR Roll
Mandarin Oranges

4
Pasta Bake
(WGR Pasta, Tomato Sauce, Cheese, Cheese)
Cabbage slaw w/
Dressing
Pears

5
Tuna Salad Sandwich on WGR Bread
Steamed Carrots w/
Dip
Bananas

6
Cabbage Patch Stew
(Ground Beef, Cabbage, Potatoes, Carrots)
WGR Roll
Applesauce

10
Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Pears

11
Egg Salad Sandwich on WGR Bread
Cucumber Slices w/
Dip
Pineapple Tidbits

12
BYO Rice bowl
(Beans, Basmati Rice, Diced Chicken, Salsa, Cheese, Shredded Cabbage, Zesty Ranch Dressing)
Peaches

13
Roasted Red Pepper Hummus
WGR Pita Bread
Cheese Stick
Steamed Broccoli & Cauliflower
Mandarin Oranges

17
Minestrone Soup
(WGR Pasta, Zucchini, Tomato, Cabbage, Garbanzo Bean)
Diced Cheese
WGR Roll
Applesauce

18
Spaghetti
(Pasta, Ground Beef, Tomato Sauce, Cheese)
Steamed Broccoli w/
Dip
WGR Breadstick
Mandarin Oranges

19
Southwest chili
(Beans, Carrots, Corn, Bell Pepper, Onions)
WGR Cornbread muffins
Pears

20
Turkey and Cheese Sandwich on WGR Bread
Steamed Carrots w/
Dip
Pineapple Tidbits

24
Potato Chowder
(Potatoes, Onion, Carrots, Diced Chicken)
WGR Roll
Pears

25
Chicken Teriyaki
(Chicken, Rice)
Broccoli w/
Dip
Applesauce

26
Pulled BBQ Chicken Sandwich on WGR Bun
Coleslaw
Bananas

27
No Classes

"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.

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.