

# February 2026 EHS 6-11m 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**  
Diced Pasta Bake  
(WGR Pasta, Tomato Sauce, Cheese, Cheese)  
Steamed Broccoli  
Diced Pears

**5**  
Chicken Salad w/  
WGR Sandwich Bread  
Steamed Carrots  
Bananas

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

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

**11**  
Egg Salad w/ WGR  
Sandwich Bread  
Cucumber Slices  
Diced Pineapple Tidbits

**12**  
Taco bowl mix  
(Beans, Basmati Rice, Shredded Cheese)  
Diced Cabbage w/ light dressing  
Diced Peaches

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

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

**18**  
Southwest chili  
(Beans, Carrots, Corn, Bell Pepper, Onions)  
WGR Cornbread  
Mandarin Oranges

**19**  
Minced Spaghetti  
(Pasta, Ground Beef, Tomato Sauce, Cheese)  
Steamed Broccoli  
WGR Breadstick  
Diced Pears

**20**  
Diced Turkey & Diced Cheese  
WGR Sandwich Bread  
Steamed Carrots  
Diced Pineapple Tidbits

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

**25**  
Chicken Teriyaki  
(Diced Chicken, Rice)  
Broccoli  
Applesauce

**26**  
Shredded Chicken  
WGR Bun  
Diced 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.