

February 2026 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.

<p>3</p> <p>Lentil Soup (Lentils, Onion, Carrots) Hardboiled Egg WGR Roll Mandarin Oranges</p> 	<p>4</p> <p>Pasta Bake (WGR Pasta, Tomato Sauce, Cheese, Cheese) Green Salad w/ Cabbage & Dressing Tropical Fruit</p> 	<p>5</p> <p>Chicken Salad Sandwich on WGR Bread Carrots w/ Dip Bananas</p> 	<p>6</p> <p>Cabbage Patch Stew (Ground Beef, Beans, Cabbage, Potatoes, Carrots) WGR Roll Mini apples</p> 
<p>10</p> <p>Tomato Basil Soup (Tomato, Zucchini) Cheese Stick WGR Breadstick Pears</p>	<p>11</p> <p>Egg Salad Sandwich on WGR Bread Cucumber Slices w/ Dip Pineapple Tidbits</p> 	<p>12</p> <p>BYO Tacos (Chicken, Beans, Tortillas, Salsa, Cheese, Cabbage & Zesty Ranch Dressing) Peaches</p> 	<p>13</p> <p>Roasted Red Pepper Hummus WGR Pita Bread Cheese Stick Broccoli & Cauliflower Orange wedges</p>
<p>17</p> <p>Minestrone Soup (WGR Pasta, Zucchini, Tomato, Cabbage, Garbanzo Bean) Hardboiled Egg WGR Roll Mini apples</p> 	<p>18</p> <p>Southwest chili (Beans, Carrots, Corn, Bell Pepper, Onions) WGR Cornbread muffins Mandarin Oranges</p>	<p>19</p> <p>Spaghetti (Pasta, Ground Beef, Tomato Sauce, Cheese) Broccoli w/ Dip WGR Breadstick Pears</p>	<p>20</p> <p>Turkey and Cheese Sandwich on WGR Bread Carrots w/ Dip Pineapple Tidbits</p>
<p>24</p> <p>Potato Chowder (Potatoes, Onion, Carrots) Cheese Stick WGR Roll Pears</p>	<p>25</p> <p>Chicken Teriyaki (Chicken, Rice) Broccoli w/ Dip Applesauce</p> 	<p>26</p> <p>Pulled BBQ Chicken Sandwich on WGR Bun Coleslaw Bananas</p> 	<p>27</p> <p>No Classes</p>

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.