

# March 2026 Socialization Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



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

9

**Egg Salad Sandwich  
on WGR Bread  
Cucumber w/ Dip  
Pears**  
6-11 months old  
Egg Salad  
Cucumber  
Pears

23

**Tomato Basil Soup  
(Tomato, Zucchini)  
Cheese Stick  
WGR Breadstick  
Mandarin Oranges**  
6-11 months old  
Soup  
Diced Cheese  
WGR Breadstick  
Mandarin Oranges

"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 for-  
mula.

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

## Beans, Beans, Beans!

Beans are an excellent, low cost protein source that are full of fiber and flavor!



Try planting some dry beans in a cup with soil. Your child will love to water daily and see what sprouts! Have fun!

There are over 40,000 bean varieties! Try a new type today, such as: Garbanzo, navy, lentil, fava, or black eye beans!



Beans can help stretch your food dollars. They are a great source of protein, just like meat. Cooking meals with plenty of beans and a small amount of meat for flavor will save money!



*This institution is an equal opportunity provider.*