

March 2026 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

3

Chicken and Rice Soup
(Rice, Diced Chicken, White Bean, Carrots)
WGR Roll
Mandarin Oranges



4

Chicken Salad sandwich on WGR Bread
Steamed Carrots w/ Dip
Pears

5

Pasta Bake (WGR Pasta, Tomato Sauce, Cheese)
Steamed Broccoli w/ Dip
Peaches

6

Turkey and Cheese sandwich on WGR Hoagie Bread
Cucumbers w/ Dip
Banana

10

Southwest Chili (Beans, Carrots, Corn, Bell Pepper, Onions)
WGR Roll
Pineapple Tidbits



11

BBQ Pulled Chicken on WGR Bun
Roasted Sweet Potatoes
Applesauce

12

Egg Salad sandwich on WGR Bread
Steamed Carrots w/ Dip
Bananas

13

Southwest Chicken Casserole (Rice, Diced Chicken, Corn, Tomato, Beans)
Steamed Broccoli w/ Dip
Pears

17

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

18

Sloppy Joe's on WGR Buns (Ground beef, Tomato Sauce)
Roasted Potatoes
Peaches



19

BYO Tacos (Ground Beef, Beans, Salsa, Lettuce, Cheese, Tortillas)
Orange Wedges

20

WGR Pita Bread
Roasted Red Pepper Hummus
Hardboiled Egg
Broccoli
Pineapple Tidbits

24

Minestrone Soup (Pasta, Garbanzo, Zucchini, Tomato),
Cheese Stick
WGR Roll
Peaches



25

BYO Pizza (WGR Crust, Tomato Sauce, Cheese)
Broccoli w/ Dip
Applesauce

26

Spaghetti (Pasta, Ground Beef, Tomato Sauce, Cheese)
Cucumbers w/ Dip
WGR Breadstick
Pears

27

Chicken Salad Sandwich on WGR Bread
Carrots w/ Dip
Mandarin Oranges

31

Beef and Barley Soup (Ground beef, Barley, Carrots, Onion, Celery)
WGR Roll
Pears

"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.

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!