

# March 2026 EHS 6-11m 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  
WGR Sandwich Bread  
Steamed Carrots  
Pears

**5**

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

**6**

Diced turkey & cheese  
WGR Sandwich Bread  
Diced Cucumbers  
Banana

**10**

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



**11**

Shredded Chicken  
Roasted Sweet Potatoes  
Applesauce

**12**

Egg Salad  
WGR Sandwich Bread  
Diced Cucumbers  
Bananas

**13**

Southwest Chicken Casserole  
(Brown Rice, Diced Chicken, Tomato, Beans)  
Steamed Broccoli  
Pears

**17**

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

**18**

Sloppy Joe mix  
(Ground beef, Tomato Sauce)  
Roasted Potatoes  
Peaches



**19**

Ground Beef, Beans, Cheese, Tortillas  
Steamed Carrots  
Mandarin Oranges



**20**

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

**24**

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



**25**

WGR Crust  
Tomato Sauce for Dip  
Cheese  
Steamed Broccoli  
Applesauce

**26**

Minced Spaghetti  
(Pasta, Ground Beef, Tomato Sauce, Cheese)  
Diced Cucumbers  
WGR Breadstick  
Pears

**27**

Chicken Salad  
WGR Sandwich Bread  
Steamed Carrots  
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!