

# March 2026 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  
Carrots w/ Dip  
Pears

**5**

Pasta Bake  
(WGR Pasta, Tomato Sauce, Cheese)  
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  
Mini Apples

**12**

Egg Salad sandwich on WGR Bread  
Carrot w/ Dip  
Bananas

**13**

Southwest Chicken Casserole  
(Brown Rice, Corn, Tomatoes, Beans)  
Green Salad w/ Dressing  
Tropical fruit

**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)  
Green Salad w/ Dressing  
Mini Apples

**26**

Spaghetti  
(Pasta, Ground Beef, Tomato Sauce, Cheese)  
Green Salad w/ Dressing  
WGR Breadstick  
Pears

**27**

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

**31**

No Classes



## 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!

"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. Milk (1% low fat) is served with every lunch and breakfast.

*This institution is an equal opportunity provider.*