

April 2026 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Harvest of the Month:

CARROTS!



Did You Know...

Carrots can be orange, red, yellow, or purple!

Carrots are root vegetables that are grown in the ground with a green bushy top.

When purchasing carrots, look for some that are firm to the touch and then store them in the fridge for up to a month.



No peanut, nuts, or pork products are used in the preparation of any menu item.

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

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.

This institution is an equal opportunity provider.

Tuesday

Wednesday

Thursday

Friday

1

BBQ Pulled Chicken on WGR Bun
Roasted Sweet Potatoes
Bananas

2

Turkey & Cheese Sandwich on WGR Bread
Steamed Carrots w/ Dip
Pears

3

Chicken & Cheese Quesadilla (Flour Tortilla, Diced chicken, cheese)
Salsa
Sweet Corn
Pineapple Tidbits

7

Chicken and Rice Soup (Rice, Diced Chicken, Carrots, Onion)
WGR Roll
Pineapple Tidbits

8

Macaroni & Cheese w/ Chicken (Pasta, Diced Chicken, Cheese Sauce)
Steamed Broccoli w/ Dip
Peaches

9

No Classes

10

No Classes

14

Potato Chowder (Chicken, Potato, Carrots, Onion)
WGR Roll
Mandarin Oranges

15

BBQ Pulled Chicken on WGR Bun
Roasted Sweet Potatoes
Coleslaw w/ Carrots
Peaches

16

BYO Pizza (WGR Crust, Tomato Sauce, Shredded Cheese, Smoked Turkey)
Steamed Carrots w/ Dip
Pears

17

Egg Salad on WGR Bread
Cucumber Slices w/ Dip
Pineapple Tidbits

21

Cabbage Patch Soup (Ground Beef, Cabbage)
Cheese Stick
WGR Roll
Pears

22

Spaghetti (Pasta, Chicken & Beef Meatballs, Tomato Sauce, Cheese)
Steamed Carrots w/ Dip
WGR Breadstick
Applesauce

23

BYO Taco Day (Chicken, Tortillas, Beans, Salsa, Cheese, Lettuce)
Bananas

24

Turkey and Cheese Sandwich on WGR Hoagie Bun
Coleslaw w/ Carrots
Mandarin Oranges

28

Minestrone Soup (Pasta, Onions, Tomatoes, Carrots, White Beans)
Cheese Stick
WGR Roll
Mandarin Oranges

29

Chicken Teriyaki (Brown Rice, Chicken)
Steamed Carrots w/ Dip
Pineapple Tidbits

30

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