

April 2026 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 an excellent source of Vitamin A which helps with eye sight, and Vitamin C which creates a strong immune system to help fight off sicknesses.

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



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

Carrots can be steamed, roasted, or eaten raw! Let your child help you select carrots from the store and prepare them with you. Involving children will help them want to taste it, too!

This institution is an equal opportunity provider.

Tuesday

Wednesday

Thursday

Friday

No Classes April 1-10

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)
Green Salad w/ Carrots & Dressing
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)
Green Salad w/ Carrots & Dressing
WGR Breadstick
Mini Apples



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)
Carrots w/ Dip
Pineapple Tidbits



30

Pasta Bake
(Pasta, Tomato Sauce, Cheese)
Broccoli w/ Dip
Tropical Fruit

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

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