

April 2026 Socialization Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Mondays
9:30am to 11:30am or 12:00 to 2:00pm

6

Southwest Chicken Caserole
(Chicken, Brown Rice, Corn, Beans, Tomato)
Steamed Broccoli w/ Dip
Pears
6-11 months old
Casserole
Steamed Broccoli
Pears

20

Turkey & Cheese Sandwich on WGR Bread
Carrot & Cabbage Slaw
Mandarin Oranges
6-11 months old
Diced Turkey & Cheese
Carrot & Cabbage Slaw
Mandarin Oranges



"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.

Harvest of the Month: **CARROTS!**



Did You Know...

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!