

May 2026 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

5
Potato Soup
(Potatoes, Asparagus, Onion, Carrots)
Hardboiled Egg
WGR Breadstick
Pears

6
Chicken Teriyaki
(Brown Rice, Chicken)
Steamed Carrots w/ Dip
Mandarin Oranges

7
Spaghetti
(Pasta, Chicken & Beef Meatball, Tomato Sauce, Cheese)
Cucumber w/ Dip
WGR Breadstick
Applesauce

1
No Classes

8
Egg Salad Sandwich on WGR Bread
Steamed Broccoli & Cauliflower w/ Dip
Pineapple Tidbits

12
Minestrone Soup
(Pasta, White Beans, Asparagus, Tomato)
Hard Boiled Egg
WGR Roll
Peaches

13
BYO Pizza
(WGR Crust, Tomato Sauce, Shredded Cheese, Smoked Turkey)
Steamed Carrots w/ Dip
Watermelon

14
Southwest Chili
(Beans, Carrots, Corn, Bell Pepper)
WGR Roll
Pineapple Tidbits

15
Chicken Salad Sandwich on WGR Bread
Steamed Broccoli w/ Dip
Strawberries

19
Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Pears

20
WGR Macaroni Salad
(Pasta, Shredded Carrots, Asparagus, Shredded Cheese, Pimientos)
Hard Boiled Egg
Bananas

21
BBQ Pulled Chicken on WGR Bun
Coleslaw
Orange Wedges

22
Turkey and Cheese Sandwich on WGR Bread
Steamed Carrots w/ Dip
Blueberries

26
Chicken and Rice Soup
(Brown Rice, Chicken, Carrots, Onion, Asparagus)
Crackers
Peaches

27
Sloppy Joe's
(Ground Beef, Tomato sauce) on WGR buns
Roasted Sweet Potatoes
Strawberries

28
BYO Taco Day
(Tortillas, Diced Chicken, Beans, Salsa, Shredded Cheese, Lettuce)
Pears

29
WGR Pita Bread
Hummus
Cheese stick
Carrots
Applesauce

~Asparagus~

Asparagus stems grow directly from the ground and are harvested in April to June. They can grow an inch an hour!

Asparagus is delicious steamed, roasted, or sautéed. Try adding it into your stir-fry, soups, or tacos!

Asparagus is high in folate, Vitamin K, Vitamin A, and antioxidants, which help your body function properly.

Kids can help prepare asparagus by: Snapping off the tough white ends, cutting cooked asparagus with a plastic knife, Using hands to toss asparagus with olive oil, salt and pepper to prepare for roasting!



"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.