

# May 2026 EHS 6-11m Lunch Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



Tuesday


Wednesday

Thursday

Friday

**5**

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



**6**

Chicken Teriyaki  
(Brown Rice,  
Chicken)  
Steamed Carrots  
Mandarin Oranges

**7**

Minced Spaghetti  
(Pasta, Ground Beef,  
Tomato Sauce,  
Cheese)  
Cucumber  
WGR Breadstick  
Applesauce

**8**

Egg Salad  
WGR Sandwich  
Bread  
Steamed Broccoli &  
Cauliflower  
Pineapple Tidbits

**1**

No Classes

**12**

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



**13**

WGR Crust + Tomato  
Sauce for dipping  
Shredded Cheese  
Diced Smoked Turkey  
Steamed Carrots  
Watermelon

**14**


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

**15**

Chicken Salad  
WGR Sandwich  
Bread  
Steamed Broccoli  
Strawberries

**19**

Tomato Basil Soup  
(Tomato, Zucchini)  
Diced Cheese  
WGR Breadstick  
Pears



**20**

WGR Macaroni Salad  
(WGR Pasta, Shredded  
Carrots, Asparagus,  
Shredded Cheese,  
Pimentos)  
Diced Hard Boiled Egg  
Bananas

**21**

Shredded Chicken  
WGR Bun  
Coleslaw  
Orange Wedges

**22**

Diced Turkey and  
Cheese  
WGR Sandwich  
Bread  
Steamed Carrots  
Blueberries

**26**

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



**27**

Sloppy Joe's Mix  
(Ground Beef, Tomato  
Sauce)  
WGR Bun  
Roasted Sweet Potatoes  
Strawberries

**28**

Diced chicken, Tortillas,  
Beans, Shredded  
Cheese  
Steamed Broccoli  
Pears

**29**

WGR Pita Bread  
Hummus  
Diced Cheese  
Steamed 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.**