

May 2026 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)
Carrots w/ Dip
Mandarin Oranges

7
Spaghetti
(Pasta, Chicken & Beef Meatballs, Tomato Sauce, Cheese)
Green Salad w/ Dressing
WGR Breadstick
Mini Apples

8
Egg Salad Sandwich on WGR Bread
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)
Green Salad w/ Dressing
Watermelon

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

15
Chicken Salad Sandwich on WGR Bread
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
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
WGR Chips
Strawberries

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

29
WGR Pita Bread
Hummus
Cheese stick
Carrots
Mini Apples

1
No Classes

~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!



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.