

July 2026 EHS Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Monday

Tuesday

Wednesday

Thursday

Friday

Happy Summer!



1

Pulled Chicken
Sandwiches
(Shredded Chicken,
WGR Bun, BBQ Sauce)
Roasted Sweet Potatoes
Applesauce

2

Rice & Beef Casserole
(Ground Beef, Brown
Rice, Beans, Salsa,
Cheese)
Roasted Corn
Pears

3

No Classes

6

Beef Vegetable
Soup
(Ground Beef, Carrots,
Celery, Onions)
WGR Roll
Mandarin Oranges

7

Meatballs w/ Gravy
Brown Rice
Green Beans
Pineapple Tidbits

8

Turkey and Cheese
Sandwich on WGR
Bread
Cucumber Slices w/
Dip
Peaches

9

Macaroni & Cheese
w/ Chicken
(Pasta, Diced Chicken,
Cheese Sauce)
Steamed Carrots w/
Dip
Bananas

10

Egg Salad Sandwich
on WGR
Bread
Steamed Broccoli
w/ Dip
Applesauce

13

Chicken & Rice Soup
(Rice, Chicken, Carrots,
Onion, Celery)
Crackers
Pineapple Tidbits

14

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

15

Egg Salad Sandwich
on WGR
Bread
Steamed Carrots
w/ Dip
Bananas

16

Spaghetti
(Chicken Meatballs,
WGR Pasta, Tomato
Sauce, Cheese)
Steamed Broccoli w/
Dip
Orange Wedges

17

Sloppy Joe's
(Ground Beef, Tomato
Sauce) on
WGR Buns
Mashed Potatoes
Pears

20

Potato Chowder
(Diced Chicken,
Corn, Potatoes,
Onion)
WGR Roll
Applesauce

21

Chicken & Cheese
Quesadilla
(Flour tortilla, diced
chicken, cheese)
Salsa
Sweet Corn
Peaches

22

Turkey and Cheese
Sandwich on WGR
Bread
Steamed Carrots w/
Dip
Orange Wedges

23

Chicken Teriyaki
(Chicken, Rice)
Steamed Broccoli w/
Dip
Pineapple Tidbits

24

WGR Pita
Roasted Red Pepper
Hummus
Cheese Stick
Cucumber slices
Mandarin Oranges

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50%. Iron-fortified infant cereal is available for infants 6-11m old.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.

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.

This institution is an equal opportunity provider.