

# September 2025 EHS 1-3yo Lunch Menu



EDMONDS COLLEGE

HEAD START AND  
EARLY HEAD START



## Tuesday

## Wednesday

## Thursday

## Friday

2

Beef & Barley Soup  
(Ground Beef, Carrots, Celery, Onion)  
WGR Roll  
Pears

3

Egg Salad Sandwich on WGR Bread  
Cucumber w/ Dip  
Mandarin Oranges

4

Potato Chowder  
(Potato, Diced Chicken, Carrots, Onion)  
WGR Roll  
Applesauce



5

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

9

Minestrone Soup  
(Pasta, Onion, Zucchini, Tomatoes, Garbanzo)  
Cheese Stick  
WGR Rolls  
Peaches

10

Spaghetti  
(Spaghetti Pasta, Ground beef, Red Sauce, Cheese)  
WGR Breadstick  
Steamed Broccoli w/ Dip  
Pears

11

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



12

WGR Pita Bread  
Hummus  
Cheese Stick  
Cucumber slices  
Mandarin Oranges

16

Split Pea Soup  
(Split Peas, Smoked Turkey, Celery, Carrots, Onions)  
WGR Roll  
Peaches

17

Chicken Teriyaki  
(Chicken, Rice)  
Cucumber w/ Dip  
Mandarin Oranges

18

Turkey and Cheese Sandwich on WGR Bread  
Steamed Broccoli w/ Dip  
Applesauce



19

BYO Pizza  
(WGR Crust, Red Sauce, Cheese, Smoked Turkey slices)  
Steamed Carrots w/ Dip  
Pineapple Tidbits

23

Tomato Basil Soup  
(Tomato, Zucchini)  
Cheese Sticks  
WGR Bread Stick  
Pears

24

BYO Taco Day  
(Ground Beef, Beans, Salsa, Cheese, Lettuce, Flour Tortillas)  
Applesauce



25

BBQ Pulled chicken on WGR Bun  
Cabbage & Apple slaw  
Mandarin Orange



26

Egg Salad Sandwich on WGR Bread  
Steamed Carrot sticks w/ Dip  
Bananas

30

Chicken & Rice Soup  
(Rice, Chicken, Carrots, Celery, Onion)  
Crackers  
Pears

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

No peanut, nuts, or pork products are used in the preparation of any menu item.

## Did You Know...

Washington grows about 60% of the apples in all of America! Top grown varieties are Red Delicious, Gala, and Honeycrisp apples.

Apples are high in fiber and Vitamin C. Most of the fiber is in the skin and about 50% of the Vitamin C is right under the skin. So, try to leave the peel on for maximum nutrients.

Choose apples that are firm to the touch, without bruises, and have a smooth skin.

Apples stored at room temperature ripen 8-10 times faster than those in the refrigerator. Store apples in fridge in a plastic bag for at least 3 weeks.

There are over 7500 varieties of apples. 2500 varieties are grown in the US!



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

Infants 0-11 months old are offered breast milk or formula.

*This institution is an equal opportunity provider.*