

September 2025 Socialization Menu



EDMONDS COLLEGE

HEAD START AND
EARLY HEAD START



Mondays
9:30am to 11:30am or 12:00 to 2:00pm

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!



8

Egg Salad Sandwich
on WGR Bread
Steamed Carrots w/
Dip
Peaches
6-11 months old
Egg Salad, Carrots,
Peaches

22

Turkey and Cheese
Sandwich on WGR
Bread
Steamed Carrots w/ Dip
Mandarin Oranges
6-11 months old
Diced Turkey & Cheese
Steamed Carrots
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.