

September 2025 Lunch Menu



EDMONDS COLLEGE

HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

2

No Classes

3

Potato Chowder
(Potato, Diced
Chicken, Carrots,
Onion)
WGR Roll
Mini apples



4

Potato Chowder
(Potato, Diced
Chicken, Carrots,
Onion)
WGR Roll
Mini apples



5

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

9

Minestrone Soup
(Pasta, Onion, Zuc-
chini, Tomatoes,
Garbanzo)
Cheese Stick
WGR Rolls
Peaches

10

Spaghetti
(Spaghetti Pasta,
Ground beef, Red
Sauce, Cheese)
WGR Breadstick
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, Car-
rots, Onions)
WGR Roll
Tropical Fruit

17

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

18

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



19

BYO Pizza
(WGR Crust, Red
Sauce, Cheese,
Smoked Turkey slices)
Green Salad
w/ Dressing
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 chick-
en on WGR Bun
Cabbage & Apple
slaw
Mandarin Orange



26

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

30

Chicken & Rice Soup
(Rice, Chicken, Car-
rots, Celery, Onion)
Crackers
Pears

"WGR" means "Whole
Grain Rich" and speci-
fies that the item con-
tains at least 50%
whole grains.

No peanut, nuts, or pork
products are used in the
preparation of any
menu item. Milk (1% low
fat) is served with every
lunch & breakfast

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!



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