

October 2025 EHS 1-3yrs Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

BEETS!



Beet roots, the bulb part, is grown underground like a carrot. But, the beet greens are grown above ground!

Every part of the beet is edible, even the greens! Try sautéing them like spinach or chard. Delicious!

Beets are high in folate, a vitamin needed to make DNA and red blood cells, and helps prevent neural tube defects during pregnancy.

Beets are harvested in Washington from May to October and can be available year round!

Choose beets that are about the size of a baseball with fresh greens attached. Cut off the greens when you get home and place the greens and root in separate bags in the fridge. The greens will last a few days and the beet-roots will last several weeks.

Beets are delicious steamed, roasted, or eaten raw in a salad.

Beets have a vibrant red color that can stain. Save beet juice to use in coloring homemade play dough or finger paints!

7
Cabbage Patch Soup
(Ground Beef, Cabbage, Beets, Squash, Celery, Onion, Carrots)
Hardboiled Egg
WGR Roll
Applesauce



8
Southwest Chili
(Beans, Carrots, Corn, Bell Pepper)
WGR Roll
Pineapple Tidbits

2
Ranch Hand Mac
(Ground Beef, Beans, Pasta, Corn, Tomato, Cheese)
Pineapple Tidbits

9
Spaghetti
(Pasta, Ground Beef, Tomato Sauce, Cheese)
Steamed Broccoli w/
Dip
WGR Breadstick
Peaches

3
Turkey and
Cheese Sandwich
on WGR Bread
Steamed Carrots
w/ Dip
Peaches

10
Chicken Salad
Sandwich on WGR
Bread
Cucumber w/ Dip
Applesauce

14
Lentil Soup w/
Smoked Turkey
(Celery, Carrots, Onion)
WGR Roll
Pears

15
BYO Taco
(Ground Beef, Salsa, Cheese, Lettuce, Tortillas)
Mandarin Oranges

16
Pulled Chicken
Sandwiches w/ BBQ
Sauce on WGR Buns
Roasted Sweet Potatoes
Bananas

17
BYO Pizza Day
(WGR Crust, Tomato Sauce, Cheese, Smoked Turkey slices, Olives)
Steamed Carrots w/
Dip
Pineapple Tidbits

21
Minestrone Soup
(Pasta, Golden Beets, Garbanzo, Tomato, Onion, Zucchini)
Cheese Stick
WGR Roll
Mandarin Oranges



22
Turkey and Cheese
Sandwich on WGR
Hoagie Bread
Steamed Carrots w/
Dip
Pears

23
BYO Rice Bowl
(Diced Chicken, Rice, Beans, Corn, Peppers, Onion, Salsa, Cheese)
Pineapple Tidbits

24
Egg Salad Sandwich on WGR
Bread
Cucumber w/ Dip
Applesauce

28
Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Bread Stick
Peaches

29
Chicken Teriyaki
(Chicken, Rice)
Broccoli w/ Dip
Orange Wedges

30
Sloppy Joe's on WGR
Buns (Ground Beef)
Carrots w/ Dip
Pears

31
WGR Pita Bread
Beet Hummus
Hardboiled egg
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.

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.

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

This institution is an equal opportunity provider.