

October 2025 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!



"WGR" means "Whole Grain Rich" and specifies that the item contains 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.

	<p>1</p> <p>WGR Pita Bread Beet Hummus Cheese Sticks Cucumbers Mini Apples</p> 	<p>2</p> <p>Ranch Hand Mac (Ground Beef, Beans, Pasta, Corn, Tomato, Cheese) Pineapple Tidbits</p>	<p>3</p> <p>Turkey and Cheese Sandwich on WGR Bread Carrot Sticks w/ Dip Peaches</p>
<p>7</p> <p>Cabbage Patch Soup (Ground Beef, Cabbage, Beets, Squash, Celery, Onion, Carrots) Hardboiled Egg WGR Roll Mini Apples</p> 	<p>8</p> <p>Southwest Chili (Beans, Carrots, Corn, Bell Pepper) WGR Roll Pineapple Tidbits</p>	<p>9</p> <p>Spaghetti (Pasta, Ground Beef, Tomato Sauce) Broccoli w/ Dip WGR Breadstick Tropical Fruit</p>	<p>10</p> <p>Chicken Salad Sandwich on WGR Bread Cucumber w/ Dip Applesauce</p>
<p>14</p> <p>Lentil Soup w/ Smoked Turkey (Celery, Carrots, Onion) WGR Roll Pears</p>	<p>15</p> <p>BYO Taco (Ground Beef, Salsa, Cheese, Lettuce, Tortillas) Mandarin Oranges</p>	<p>16</p> <p>Pulled Chicken Sandwiches w/ BBQ Sauce on WGR Buns Roasted Sweet Potatoes Bananas</p>	<p>17</p> <p>BYO Pizza Day (WGR Crust, Tomato Sauce, Cheese, Smoked Turkey slices, Olives) Green Salad w/ Dressing Pineapple Tidbits</p>
<p>21</p> <p>Minestrone Soup (Pasta, Golden Beets, Garbanzo, Tomato, Onion, Zucchini) Cheese Stick WGR Roll Mandarin Oranges</p> 	<p>22</p> <p>Turkey and Cheese Sandwich on WGR Hoagie Bread Carrots w/ Dip Tropical Fruit</p>	<p>23</p> <p>BYO Rice Bowl (Diced Chicken, Rice, Beans, Corn, Peppers, Onion, Salsa, Cheese) Pineapple Tidbits</p>	<p>24</p> <p>Egg Salad Sandwich on WGR Bread Cucumber w/ Dip Mini Apples</p>
<p>28</p> <p>Tomato Basil Soup (Tomato, Zucchini) Cheese Stick WGR Bread Stick Peaches</p>	<p>29</p> <p>Chicken Teriyaki (Chicken, Rice) Broccoli w/ Dip Orange Wedges</p>	<p>30</p> <p>Sloppy Joe's on WGR Buns (Ground Beef) Carrots w/ Dip Pears</p>	<p>31</p> <p>WGR Pita Bread Beet Hummus Hardboiled egg Cucumber Slices Mandarin Oranges</p> 

This institution is an equal opportunity provider.