

November 2025 EHS 1-3yr Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

4

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

5

Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper,
Sweet Potatoes)
Cornbread Muffins
Applesauce

6

Spaghetti
(Pasta, Ground Beef,
Tomato Sauce)
Steamed Broccoli w/
Dip
Peaches

7

Egg Salad
Sandwich on
WGR Bread
Cucumber slices
w/ Dip
Bananas

11

No Classes

12

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

13

Turkey and
Cheese Sandwich
on WGR Bread
Cucumber w/ Dip
Orange Wedges

14

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

18

Potato Chowder
(Sweet Potatoes,,
Onion, Carrots)
Hard Boiled Egg
WGR Breadstick
Peaches

19

Pulled BBQ Chick-
en Sandwiches on
WGR Buns
Roasted Sweet
Potatoes
Orange Wedges

20

BYO Taco Day
(Ground Beef, Flour
Tortilla, Beans, Salsa,
Lettuce, Shredded
Cheese)
Pineapple Tidbits

21

Chicken Salad
Sandwich on WGR
Bread
Steamed Carrots
w/ Dip
Bananas

25

Split Pea Soup with
Smoked Turkey,
(Carrots, Onion)
WGR Breadstick
Pineapple tidbits

26

Turkey w/ Gravy
Mashed Potatoes &
Sweet Potatoes
Cranberry Orange
Bread
Applesauce

27

No Classes

28

No Classes

Harvest of the Month: Sweet Potatoes!



Sweet potatoes are a delicious
root vegetable that can be
substituted for regular
potatoes in recipes.

Sweet potatoes come in all the
colors of the rainbow! Most
commonly you will see
varieties that have a white
flesh or a dark orange flesh
(sometimes called a sweet
potato yam).

Orange sweet potatoes are
loaded with beta-carotene,
which converts to the
antioxidant Vitamin A in our
body.

Vitamin A promotes a healthy
immune system and good
vision.

Choose firm, small to medium
sized potatoes with smooth
skin. Avoid cracks, soft spots
and blemishes. If you aren't
sure what color the flesh is, you
can gently scratch the peel to
reveal the flesh.

Store sweet potatoes in a
cool, dark place for use
within 3-5 weeks.

Baked Sweet Potato Fries

Ingredients

- 1 Tablespoon olive or canola oil, to coat
- 2 large sweet potatoes, unpeeled and cut into thin fries
- ½ teaspoons salt
- ½ tsp garlic powder (optional)
- ½ tsp cinnamon (optional)

Directions

1. Preheat oven to 425 degrees.
2. Put cut fries into large ziploc bag (or bowl) with olive oil, put in salt, garlic and cinnamon and shake to coat.
3. Place fries onto baking sheet leaving space between fries.
4. Put in oven for 10 minutes and then flip them over.
5. Place back in for 10 more minutes.
6. They should be soft on the inside and browned on the outside.
7. Let cool for 5 minutes.



You can also try 1/4 packet taco seasoning or your favorite spice instead. Enjoy!

"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 of-
fered 1% milk with
lunch and breakfast.

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

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

This institution is an equal opportunity provider.