

November 2025 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

4

Chicken and Rice Soup
(Rice, Chicken, Carrots, Celery, Onion)
Crackers
Pears

5

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

6

Spaghetti
(Pasta, Ground Beef, Tomato Sauce)
Green Salad w/ Dressing
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)
Green Salad w/ Dressing
Pineapple Tidbits

18

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

19

Pulled BBQ Chicken 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
Carrot sticks 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
Mini Apples

27

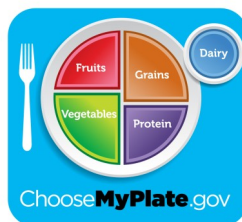
No Classes

28

No Classes

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

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.



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!



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