

December 2025 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday



2

Potato Chowder
WGR Roll
Hardboiled Egg
Peaches

3

Chicken Salad
Sandwich on WGR
Bread
Steamed Carrots
w/ Dip
Pineapple Tidbits

4

Pasta Bake
(Pasta, Ground Beef,
Tomato Sauce,
Cheese, Squash)
Cucumber w/ Dip
WGR Roll
Pears

5

Turkey and
Cheese Sandwich
on WGR Hoagie
Steamed Broccoli
w/ Dip
Mandarin Oranges

9

Minestrone Soup
(Pasta, Butternut
Squash, Zucchini)
Hardboiled Egg
WGR Roll
Applesauce

10

Pulled Chicken
Sandwich with BBQ
sauce on WGR Buns
Roasted Sweet
Potatoes
Orange Wedges

11

Egg Salad Sand-
wich on WGR
Bread
Steamed Carrots
w/ Dip
Mandarin Oranges

12

Roast Turkey w/
Gravy
Mashed Potatoes
w/ Squash
WGR Roll
Pears

16

Beef and Barley Soup
(Beef, Carrots, Onion,
Celery, Zucchini)
WGR Roll
Pineapple Tidbits

17

Chicken Teriyaki
(Chicken, Basmati
Rice)
Broccoli w/ Dip
Peaches

18

Turkey and
Cheese Sandwich
on WGR Bread
Steamed Carrots
w/ Dip
Mandarin Oranges

19

No Classes

No School
December 19 to January 5

See you
January 6!

"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.

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

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

Harvest of the Month:

Winter Squash!!

This month we are learning all about winter squash. Squash are gourds. Squash come in two varieties: summer and winter. Winter squash are delicious roasted, baked, boiled, sautéed or microwaved. Find winter squash at your local farmer's market or supermarket. Squash with darker yellow or orange flesh are full of Vitamin A and are extra nutritious! Each variety has a unique flavor, try them all! Such as: butternut, delicata, spaghetti, acorn, hubbard, and kabocha. Choose firm squash that are heavy for their size. You can store whole winter squash in a cool, dry place for up to three months! Ask your child about the squash served in the classroom!

This institution is an equal opportunity provider.