

# December 2025 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  
Carrots w/ Dip  
Pineapple Tidbits

4

Pasta Bake  
(Pasta, Ground Beef,  
Tomato Sauce,  
Cheese, Squash)  
Green Salad w/  
Dressing  
WGR Roll  
Pears

5

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

12

No Classes



**No School**  
**December 12 to January 5**

**See you**  
**January 6!**

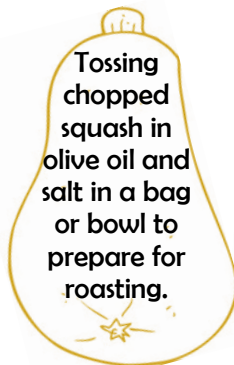
"WGR" means  
"Whole Grain Rich"  
and specifies that the  
item contains at least  
50% whole grains.

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

## KIDS CAN HELP COOK WINTER SQUASH BY:



Mix cooked squash  
with tomato sauce  
or spices.



## 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.*