

February 2025 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

4

Lentil Soup
(Lentils, Smoked Turkey, Onion, Carrots)
WGR Roll
Mandarin Oranges

5

Ranch Hand Mac
(WGR Pasta, Corn, Peppers, Beans, Cheese)
Cabbage Slaw
Peaches

6

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

7

Cabbage Patch Stew
(Ground Beef, Cabbage, Potatoes, Carrots)
WGR Roll
Applesauce

11

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Mandarin Oranges

12

Egg Salad Sandwich on WGR Bread
Cucumbers w/ Dip
Pears

13

BYO Rice bowl
(Beans, Brown Rice, Diced Chicken, Salsa, Cheese, Shredded Cabbage, Zesty Ranch Dressing)
Peaches

14

Roasted Red Pepper Hummus
WGR Pita Bread
Cheese Stick
Steamed Broccoli & Cauliflower
Melon

18

Minestrone Soup
(WGR Pasta, Zucchini, Tomato, Cabbage, Garbanzo Bean)
Cheese Stick
WGR Roll
Applesauce

19

Spaghetti
(Pasta, Ground Beef, Tomato Sauce, Cheese)
Steamed Broccoli w/ Dip
WGR Breadstick
Mandarin Oranges

20

Southwest chili
(Beans, Carrots, Corn, Bell Pepper, Onions)
WGR Cornbread
Pears

21

Turkey and Cheese Sandwich on WGR Bread
Steamed Carrots w/ Dip
Pineapple Tidbits

25

Potato Chowder
(Potatoes, Onion, Carrots, Diced Chicken)
WGR Roll
Pears

26

WGR Pasta Salad
(WGR Pasta, Diced Chicken, Tomato, Cabbage, Cheese)
Steamed Carrots w/ Dip
Applesauce

27

Pulled BBQ Chicken Sandwich on WGR Bun
Coleslaw
Kiwi

28

No Classes

"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.

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

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

Did You Know...

Cabbage is one of the oldest vegetables in existence and a dietary staple throughout the world.

Cabbage is high in fiber, vitamin C, vitamin K, and naturally fat free and cholesterol free.

Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried, or eaten raw.



Look for the cabbage image on the menu to find new ways to serve cabbage at home!

Ask your child about the fun things they learned about cabbage in their class this month!



This institution is an equal opportunity provider.