

February 2025 EHS 6-11mo 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
WGR Sandwich
Bread
Steamed Carrots
Bananas

7

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



11

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

12

Egg Salad
WGR Sandwich
Bread
Cucumbers rounds
Pears

13

Bean & Rice bowl mix
(Beans, Basmati Rice, Diced Chicken, Salsa, Cheese, Shredded Cabbage)
Peaches



14

Roasted Red Pepp
Hummus
WGR Pita Bread
Diced Cheese
Steamed Broccoli & Cauliflower
Melon

18

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



19

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

20

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

21

Diced Turkey & Cheese
WGR Sandwich
Bread
Steamed Carrots
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
Applesauce

27

Shredded Chicken
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.