

# EHS April 2024 Lunch Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

## Wednesday

## Thursday

## Harvest of the Month:

# CARROTS!



## Did You Know...

Carrots can be orange, red, yellow, or purple!



Carrots are an excellent source of Vitamin A which helps with eye sight, and Vitamin C which creates a strong immune system to help fight off sicknesses.

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

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

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. Iron-fortified infant cereal is available for infants 6-11m old.

No peanut, nuts, or pork products are used in the preparation of any menu item.

This institution is an equal opportunity provider.

**9**  
Turkey and Cheese Sandwich on WGR Bread  
Carrot sticks w/ Dip  
Mini Apples  
6-11 months  
Diced Turkey & Cheese, Blanched Carrots, Applesauce

**10**  
WGR Pita Bread  
Hummus  
Cheese Stick  
Cucumber  
Mandarin Oranges  
6-11 months  
Pita Bread, Hummus, Cucumber, Mandarin Oranges

**11**  
Chicken Pasta (Chicken, WGR Pasta, Peas, Tomato, Zucchini, Cheese)  
Peaches  
6-11 months  
Diced Chicken & Cheese  
Peaches

**16**  
Potato Chowder (Smoked Turkey, Potato, Carrots, Onion)  
WGR Roll  
Mandarin Oranges  
6-11 months  
Soup, WGR Roll, Mandarin Oranges

**17**  
Tuna Salad on WGR Bread  
Cucumber Slices w/ Dip  
Pears  
6-11 months  
Tuna, Cucumber, Pears

**18**  
BBQ Pulled Chicken on WGR Bun  
Roasted Sweet Potatoes  
Peaches  
6-11 months  
Shredded Chicken, Roasted Sweet Potatoes, Peaches

**23**  
Tomato Basil Soup (Tomato, Zucchini)  
Cheese Stick  
WGR Garlic Toast  
Pears  
6-11 months  
Soup, Diced Cheese, Pears

**24**  
Ranch Hand Mac (WGR Pasta, Beans, Cheese, Corn, Peppers, Tomato)  
Green Salad w/ Dressing  
Mini Apples  
6-11 months  
Parents Mash Pasta, Applesauce

**25**  
Taco Bowls (Ground Beef, Beans, Salsa, Lettuce, Cheese, Brown Rice)  
Mandarin Oranges  
6-11 months  
Beans, Diced Cheese, Mandarin Oranges