

April 2024 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

No Classes April 1-12

16

Potato Chowder
(Smoked Turkey, Potato, Carrots, Onion)
WGR Roll
Mandarin Oranges



17

Tuna Salad on WGR Bread
Cucumber Slices w/
Dip
Pears

18

BBQ Pulled Chicken
on WGR Bun
Roasted Sweet Potatoes
Peaches

19

Chicken Pasta
(Chicken, WGR Pasta, Tomatoes, Shredded Carrots, Cheese)
Tropical Fruit



23

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Garlic Toast
Pears

24

Ranch Hand Mac
(WGR Pasta, Beans, Cheese, Corn, Peppers, Tomato)
Green Salad w/ Dressing
Mini Apples

25

BYO Taco Day
(Ground Beef, Tortillas, Beans, Salsa, Cheese, Lettuce)
Mandarin Oranges

26

Turkey and Cheese Sandwich on WGR Hoagie Roll
Coleslaw w/ Carrots
Bananas



30

Minestrone Soup
(Pasta, Onions, Tomatoes, Carrots, White Beans)
Cheese Stick
WGR Roll
Mandarin Oranges



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

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

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.



When purchasing carrots, look for some that are firm to the touch and then store them in the

Carrots are root vegetables that are grown in the ground with a green bushy top.

Carrots can be steamed, roasted, or eaten raw! Let your child help you select carrots from the store and prepare them with you.

This institution is an equal opportunity provider.