

# May 2024 EHS Lunch Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

**7**  
Cream of Asparagus Soup (Asparagus, Onion, Garlic)  
Hardboiled Egg  
WGR Breadstick  
Pears  
6-11 months  
Soup, Hardboiled Egg, WGR Breadstick, Pears

7

## Wednesday

**8**  
WGR Pita Bread  
Hummus  
Cheese stick  
Cucumber w/ Dip  
Bananas  
6-11 months  
WGR Pita, Hummus, Cucumber

8

## Thursday

**9**  
WGR Pasta Salad (Pesto, Chicken, Asparagus, Tomatoes, Cheese)  
Cucumbers w/ Dip  
Mandarin Oranges  
6-11 months  
Pasta, Cucumbers, Mandarin Oranges

9

**14**  
Minestrone Soup (Pasta, White Beans, Asparagus, Tomato)  
Hard Boiled Egg  
WGR Roll  
Peaches  
6-11 months  
Soup, WGR Roll, Hard-boiled Egg, Peaches

14

**15**  
Tuna Salad Sandwich on WGR Bread  
Broccoli w/ Dip  
Watermelon  
6-11 months  
Tuna Salad, Steamed Broccoli, Watermelon

15

**16**  
Southwest Chili (Beans, Carrots, Corn, Bell Pepper)  
WGR Roll  
Pineapple Tidbits  
6-11 months  
Chili, WGR Roll, Pineapple

16

**21**  
Tomato Basil Soup (Tomato, Zucchini)  
Cheese Stick  
WGR Roll  
Pears  
6-11 months  
Soup, WGR Roll, Diced Cheese, Pears

21

**22**  
WGR Macaroni Salad (Shredded Carrots, Asparagus, Shredded Cheese, Pimentos)  
Hard Boiled Egg  
Blueberries  
6-11 months  
Pasta, Hardboiled Egg, Peaches

22

**23**  
BBQ Pulled Chicken on WGR Bun  
Roasted Sweet Potatoes  
Applesauce  
6-11 months  
Shredded Chicken, Sweet Potato Applesauce

23

## ~Asparagus~



Asparagus stems grow directly from the ground and are harvested in April to June. They can grow an inch an hour!

Asparagus is delicious steamed, roasted, or sautéed. Try adding it into your stir-fry, soups, or tacos!

Asparagus is high in folate, Vitamin K, Vitamin A, and antioxidants, which help your body function properly.

Kids can help prepare asparagus by: Snapping off the tough white ends, cutting cooked asparagus with a plastic knife, Using hands to toss asparagus with olive oil, salt and pepper to prepare for roasting!

### Oven Roasted Asparagus Recipe

#### INGREDIENTS

1 Bunch Asparagus	1/2 tsp Salt
3 Tbsp Oil	1/2 tsp Pepper
1 1/2 Tbsp Parmesan Cheese	1 clove Minced Garlic

#### DIRECTIONS

1. Preheat oven to 425 degrees
2. Place trimmed asparagus in mixing bowl or plastic bag. Drizzle with oil of choice then sprinkle with remaining ingredients. Toss to coat asparagus spears.
3. Arrange asparagus in a single layer on a baking sheet.
4. Bake in preheated oven until just tender, about 10 minutes depending on thickness. Enjoy!

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.