

May 2024 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

1

BBQ Pulled Chicken
on WGR Bun
Roasted Sweet Potatoes
Applesauce

2

Turkey and Cheese
Sandwich on
WGR Bread
Asparagus w/ Dip
Topical fruit

3

No Classes

7

Cream of Asparagus
Soup (Asparagus,
Onion, Garlic)
Hardboiled Egg
WGR Breadstick
Pears

8

WGR Pita Bread
Hummus
Cheese stick
Cucumber
Bananas

9

WGR Pasta Salad
(Pesto, Chicken, Asparagus, Tomatoes, Cheese)
Cucumbers w/ Dip
Mandarin Oranges

10

Egg Salad Sandwich
on WGR Bread
Broccoli &
Cauliflower w/ Dip
Pineapple Tidbits

14

Minestrone Soup
(Pasta, White Beans, Asparagus, Tomato)
Hard Boiled Egg
WGR Roll
Peaches

15

Tuna Salad
Sandwich on
WGR Bread
Broccoli w/ Dip
Watermelon

16

Southwest Chili
(Beans, Carrots, Corn, Bell Pepper)
WGR Roll
Pineapple Tidbits

17

Bean and Orzo bowl
(Beans, Orzo pasta, Corn, Peppers, Onion, Salsa, Shredded Cheese)
WGR Roll
Strawberries

21

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Roll
Pears

22

WGR Macaroni Salad
(Shredded Carrots, Asparagus, Shredded Cheese, Pimentos)
Hard Boiled Egg
Blueberries

23

BBQ Pulled Chicken
on WGR Bun
Roasted Sweet Potatoes
Applesauce

24

Turkey and Cheese
Sandwich on WGR
Hoagie Bread
Carrots w/ Dip
Bananas

28

Chicken and Rice
Soup (Brown Rice, Chicken, Carrots, Onion, Celery)
Crackers
Peaches

29

WGR Pita Bread
Hummus
Cheese stick
Cucumber
Pears

30

BYO Taco Day
(Tortillas, Ground Beef, Beans, Salsa, Shredded Cheese, Lettuce)
Mini Apples

31

Mediterranean
Pasta Salad
(WGR Pasta, Garbanzo beans, Cheese, Italian dressing, Asparagus, Olives)
Strawberries

~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!



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.