

March 2025 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

4
Lentil soup
(Celery, Smoked
Turkey, Carrots,
Onion, Tomato)
WGR Roll
Mandarin Oranges

5
Egg Salad
Sandwich on
WGR Bread
Steamed Carrot
Sticks w/ Dip
Pears

6
Pasta Salad
(WGR Pasta, Garban-
zo beans, Tomatoes,
Olives, Cheese)
Steamed Broccoli
w/ Dip
Peaches

7
Turkey and
Cheese sandwich
on WGR Hoagie
Bread
Cucumbers w/ Dip
Banana

11
Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper,
Onions)
WGR Roll
Pineapple Tidbits

12
BBQ Pulled
Chicken on
WGR Bun
Coleslaw
Applesauce

13
Chicken Salad
Sandwich on
WGR Bread
Cucumbers w/ Dip
Bananas

14
Cabbage Patch
Stew (Beans,
Carrots, Onion,
Cabbage),
Cheese, WGR Roll,
Pears

18
Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Pears

19
Sloppy Joe's on
WGR Buns (Ground
beef, Tomato
Sauce)
Roasted Potatoes
Kiwi

20
WGR Pita Bread
Roasted Red Pepper
Hummus
Diced Hardboiled
Egg
Steamed Broccoli
Mandarin Oranges

21
Navy Bean Soup
(Smoked Turkey,
Carrots, Onion)
WGR Roll
Pineapple Tidbits

25
Minestrone Soup
(Pasta, Garbanzo,
Zucchini, Tomato),
Cheese Stick
WGR Roll
Peaches

26
BYO Tacos
(Beans, Rice,
Salsa, Lettuce,
Cheese, Tortillas)
Applesauce

27
Tuna Salad
Sandwich on
WGR Bread
Steamed Carrots
w/ Dip
Pears

28
Spaghetti
(Pasta, Ground Beef,
Tomato Sauce,
Zucchini), Cheese,
WGR Breadstick
Mandarin Oranges

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

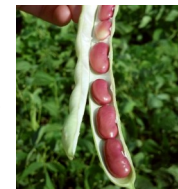
No peanut, nuts, or
pork products are
used in the
preparation of any
menu item.

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

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

Beans, Beans, Beans!

Beans are an
excellent, low cost protein
source that are full of fiber
and flavor!



Try planting some
dry beans in a cup
with soil. Your child
will love to water
daily and see what
sprouts! Have fun!

There are over 40,000
bean varieties! Try a
new type today, such
as: Garbanzo, navy,
lentil, fava, or black
eye beans!



Beans can help stretch your food dollars.
They are a great source of
protein, just like meat. Cooking meals with
plenty of beans and a small amount of meat
for flavor will save money!



This institution is an equal opportunity provider.