

# March 2025 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  
Carrot Sticks  
w/ Dip  
Pears

6

Pasta Salad  
(WGR Pasta, Garbanzo  
Beans, Tomatoes,  
Olives, Cheese)  
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)  
Corn Chips  
Pineapple Tidbits

12

BBQ Pulled Chicken  
on WGR Bun  
Coleslaw  
Mini Apples

13

Chicken Salad  
Sandwich on  
WGR Bread  
Cucumbers w/ Dip  
Bananas

14

Cabbage Patch  
Stew (Pinto Beans,  
Carrot, Onion,  
Cabbage)  
Cheese, WGR Roll,  
Tropical fruit

18

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

19

Sloppy Joe's on  
WGR Buns (Ground  
Beef, Tomato  
Sauce)  
Roasted Potatoes  
Peaches

20

WGR Pita Bread  
Roasted Red  
Pepper Hummus  
Hardboiled Egg  
Broccoli  
Orange Wedges

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)  
Mini Apples

27

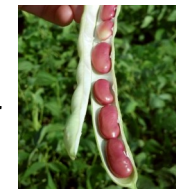
Tuna Salad  
Sandwich on  
WGR Bread  
Carrots w/ Dip  
Pears

28

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

## 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!

"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 prepara-  
tion of any menu item.  
Milk (1% low fat) is  
served with every  
lunch and breakfast.

This institution is an equal opportunity provider.

