

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 preparation of any menu item. Milk (1% low fat) is served with every lunch and breakfast.

