

March 2025 Socialization Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Mondays
9:30am to 11:30am or 12:00 to 2:00pm

10

**Split Pea Soup (Carrot,
Onion), Cheese,
WGR Breadstick
Cucumber w/ Dip
Pears**

6-11 months old

Split Pea Soup, Cheese
Cucumber
Pears

24

**WGR Pita Bread
Roasted Red Pepper
Hummus
Hardboiled Egg
Broccoli**

Mandarin Oranges

6-11 months old

Hummus, WGR Pita
Steamed Broccoli
Mandarin Oranges

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

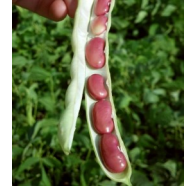
No peanut, nuts, or
pork products are
used in the
preparation of any
menu item.

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.