

May 2025 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
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Tuesday

Wednesday

Thursday

Friday

6
Cream of Asparagus
Soup (Asparagus,
Onion, Carrots)
Hardboiled Egg
WGR Breadstick
Pears

7
WGR Pita Bread
Hummus
Cheese stick
Cucumber
Bananas

1
Turkey and Cheese
Sandwich on
WGR Hoagie
Asparagus w/ Dip
Tropical fruit

2
No Classes

13
Minestrone Soup
(Pasta, White Beans,
Asparagus, Tomato)
Hard Boiled Egg
WGR Roll
Peaches

14
Chicken Salad
Sandwich on
WGR Bread
Broccoli w/ Dip
Watermelon

8
Spaghetti
(Pasta, Ground Beef,
Tomato Sauce, Cheese)
Green Salad w/ Dressing
WGR Breadstick
Mini Apples

9
Egg Salad Sandwich
on WGR Bread
Broccoli &
Cauliflower w/ Dip
Pineapple Tidbits

15
Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper)
WGR Roll
Pineapple Tidbits

16
BYO Pizza
(WGR Crust, Tomato
Sauce, Shredded
Cheese, Smoked
Turkey)
Green Salad w/
Dressing
Strawberries

20
Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Pears

21
Turkey and Cheese
Sandwich on WGR
Bread
Carrots w/ Dip
Bananas

22
BBQ Pulled Chicken
on WGR Bun
Roasted Sweet Potatoes
Applesauce

23
WGR Macaroni Salad
(WGR Pasta, Shredded
Carrots, Asparagus,
Shredded Cheese,
Pimentos)
Hard Boiled Egg
Blueberries

27
Chicken and Rice
Soup (Brown Rice,
Chicken, Carrots,
Onion, Celery)
Crackers
Peaches

28
Sloppy Joe's on WGR
buns
Roasted Sweet Potatoes
Strawberries

29
BYO Taco Day
(Tortillas, Ground
Beef, Beans, Salsa,
Shredded Cheese,
Lettuce)
Pears

30
WGR Pita Bread
Hummus
Cheese stick
Carrots
Mini Apples

~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.

This institution is an equal opportunity provider.