

May 2025 Socialization Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



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

5

Potato soup w/ Asparagus (Potatoes, Asparagus, Onion, Garlic)
Hardboiled Egg
WGR Breadstick
Pears
6-11 months old
Soup
Hardboiled Egg
Pears

19

Turkey & Cheese Sandwich on WGR Bread
Carrots w/ Dip
Bananas
6-11 months old
Diced Turkey & Cheese
Steamed Carrots
Bananas

"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 formula.

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

~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.

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