

July 2025 EHS Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

1

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

8

Beef Vegetable Soup
(Ground Beef, Carrots,
Celery, Onions)
WGR Roll
Mandarin Oranges

15

Chicken & Rice Soup
(Rice, Chicken, Car-
rots, Onion, Celery)
Crackers
Pineapple Tidbits

22

Potato Chowder
(Diced Chicken,
Corn, Potatoes, On-
ion)
WGR Roll
Applesauce

29

Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper)
WGR Roll
Peaches

Wednesday

2

Pulled Chicken
Sandwiches
(Shredded Chicken,
WGR Bun, BBQ Sauce)
Roasted Sweet Pota-
toes
Applesauce

9

Tuna Salad Sand-
wich on WGR Bread
Steamed Broccoli w/
Dip
Fresh Nectarines

16

Egg Salad Sandwich
on WGR Bread
Steamed Carrots w/
Dip
Strawberries

23

Turkey and Cheese
Sandwich on WGR
Bread
Steamed Carrots w/
Dip
Melon

30

BYO Pizza
(WGR Crust, Tomato
Sauce, Smoked Tur-
key, Cheese, Olives)
Steamed Broccoli w/
Dip
Blueberries

Thursday

3

BYO Rice Bowl
(Ground Beef, Bas-
mati Rice, Beans,
Salsa, Lettuce,
Cheese)
Pears

10

Macaroni & Cheese
w/ Chicken
(Pasta, Diced Chick-
en, Cheese Sauce)
Steamed Carrots w/
Dip
Bananas

17

Spaghetti
(Chicken Meatballs,
WGR Pasta, Tomato
Sauce, Cheese)
Steamed Broccoli w/
Dip
Fresh Peaches

24

Chicken Teriyaki
(Chicken, Rice)
Steamed Broccoli w/
Dip
Pineapple Tidbits

31

Chicken & Cheese
Quesadilla
(Flour tortilla, diced
chicken, cheese)
Salsa
Sweet Corn
Plums

Friday

4

No Classes

11

Turkey and
Cheese Sandwich
on WGR Bread
Cucumber Slices
w/ Dip
Applesauce

18

Sloppy Joe's on
WGR Buns
Mashed Potatoes
Pears

25

WGR Pita
Roasted Red Pepper
Hummus
Cheese Stick
Cucumber slices
Pears

Happy Summer!



"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50%. Iron-fortified infant cereal is available for infants 6-11m old.

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.

This institution is an equal opportunity provider.