

September 2024 EHS 1-3 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

3

Creamy Potato Soup
Oyster Crackers
Hard Boiled Egg
Mandarin Oranges

4

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



5

Egg Salad
WGR Flatbread
Baked Sweet Potato
Pears

6

Baked Pasta
(WGR Macaroni,
Cheese, Red sauce)
Steamed Broccoli w/
Dip
WGR Roll
Pineapple Tidbits

10

Minestrone Soup
(Pasta, Onion, Zuc-
chini, Tomatoes,
Garbanzo Beans)
Cheese Stick
WGR Rolls
Peaches

11

Spaghetti
(Spaghetti Pasta,
Ground beef, Red
Sauce, Cheese)
WGR Breadstick
Steamed Broccoli w/ Dip
Pears

12

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



13

WGR Pita Bread
Hummus
Cheese Stick
Cucumber slices
Mandarin Oranges

17

Split Pea Soup
(Split Peas, Smoked
Turkey, Celery, Car-
rots, Onions)
WGR Roll
Tropical Fruit

18

WGR Pasta Salad
(Pesto, Chicken,
Zucchini, Tomatoes,
Cheese)
Cucumber w/ Dip
Bananas

19

Turkey and
Cheese Sandwich
on WGR Bread
Steamed Broccoli
w/ Dip
Applesauce



20

Pizza
(WGR Crust, Red
Sauce, Cheese,
Smoked Turkey slices)
Steamed Carrots w/
Dip
Pineapple Tidbits

24

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Sticks
WGR Bread Stick
Pears

25

Turkey and Chee
Wraps (Tortillas,
Lettuce, Turkey,
Cheese)
Steamed Carrot w/
Dip
Applesauce



26

BBQ Pulled
Chicken on WGR
Bun
Cabbage & Apple
slaw
Mandarin Orange



27

Egg Salad
Sandwich
On WGR Bread
Steamed Carrots
w/ Dip
Bananas

"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.

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

Infants 0-11 months old are offered breast milk or formula.

Did You Know...

Washington grows about 60% of the apples in all of America! Top grown varieties are Red Delicious, Gala, and Honeycrisp apples.

Apples are high in fiber and Vitamin C. Most of the fiber is in the skin and about 50% of the Vitamin C is right under the skin. So, try to leave the peel on for maximum nutrients.

Choose apples that are firm to the touch, without bruises, and have a smooth skin.

Apples stored at room temperature ripen 8-10 times faster than those in the refrigerator. Store apples in fridge in a plastic bag for at least 3 weeks.

There are over 7500 varieties of apples. 2500 varieties are grown in the US!



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