

September 2024 EHS 6-11mo Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

3

Creamy Potato Soup
Oyster Crackers
Diced Hardboiled Egg
Mandarin Oranges

4

Diced Turkey & Cheese
Steamed Carrots
Applesauce



5

Egg Salad
WGR Diced Flatbread
Diced Sweet Potato
Pears

6

WGR Macaroni Noodles w/ Red Sauce
Diced Cheese
Steamed Broccoli
Pineapple Tidbits

10

Minestrone Soup (Pasta, Onion, Zucchini, Tomatoes, Garbanzo Beans)
Diced Cheese
Diced Peaches

11

Spaghetti Noodles w/ Red Sauce
Diced Cheese
Steamed Broccoli
Diced Pears

12

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



13

WGR Pita Bread
Hummus
Diced cheese
Cucumber slices
Mandarin Oranges

17

Split Pea Soup (Split Peas, Smoked Turkey, Celery, Carrots, Onions)
WGR Roll
Diced Pears

18

WGR Pasta Salad (Pesto, Chicken, Zucchini, Tomatoes, Cheese)
Cucumber slices
Bananas

19

Diced Turkey & Cheese
Steamed Broccoli
Applesauce



20

WGR Crust Strips
Red Sauce
Diced Cheese
Steamed Carrots
Pineapple Tidbits

24

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

25

Diced Turkey & Cheese
Brown Rice
Steamed Carrot
Applesauce



26

Shredded Chicken
Cabbage & Apple slaw
Mandarin Oranges



27

Egg Salad
Sandwich
On WGR Bread
Steamed Carrots
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.

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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