

September 2024 Lunch Menu



EDMONDS COLLEGE

HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday



4

Turkey and Cheese
Sandwich on WGR
Bread
Carrot Sticks w/ Dip
Mini apples



5

Turkey and Cheese
Sandwich on WGR
Bread
Carrot Sticks w/ Dip
Mini apples



6

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

10

Minestrone Soup
(Pasta, Onion, Zucchini, Tomatoes, Garbanzo)
Cheese Stick
WGR Rolls
Peaches

11

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



20

Pizza
(WGR Crust, Red Sauce, Cheese, Smoked Turkey slices)
Green Salad w/ Dressing
Pineapple Tidbits

24

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

25

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



26

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



27

Egg Salad Sandwich
On WGR Bread
Carrot sticks w/ Dip
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. Milk (1% low fat) is served with every lunch & breakfast

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!



This institution is an equal opportunity provider.