

# January 2025 EHS 1-3 Lunch Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

7

Potato Chowder  
(Potatoes, Carrots,  
Celery, Onion)  
Cheese Stick  
WGR Roll  
Pears

14

Tomato Basil Soup  
(Tomato, Zucchini)  
Cheese Stick  
WGR Bread stick  
Applesauce

21

Lentil and Turnip Soup  
(Lentils, Turnips, Onion,  
Carrots, Smoked Tur-  
key)  
WGR Roll  
Peaches

28

Southwest Chili  
(Beans, Corn, Bell  
Peppers, Parsnips)  
WGR Roll  
Peaches

## Wednesday

8

BBQ Pulled Chicken  
Sandwiches on WGR  
Buns  
Carrot & Parsnip  
Slaw  
Pineapple Tidbits

15

Spaghetti  
(Pasta, Ground Beef,  
Tomato Sauce,  
Cheese)  
Steamed Broccoli w/  
Dip  
Mandarin Oranges

22

Egg Salad Sandwich  
on WGR Bread  
Steamed Carrots w/  
Dip  
Mandarin Oranges

29

WGR Pita Bread  
Roasted Red Pepper  
Hummus  
Cheese Stick  
Steamed Broccoli  
Mandarin Oranges

## Thursday

9

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

16

Roast Turkey w/  
Gravy  
Potato & Rutaba-  
ga Mash  
WGR Roll  
Peaches

23

Sloppy Joe's on  
WGR Buns  
(Ground Beef, Toma-  
to Sauce)  
Roasted Potatoes  
Kiwi

30

BYO Chicken  
Shawarma Wrap  
(WGR Flatbread  
Rice, Lettuce)  
Cucumber w/ Dip  
Pears

## Friday

10

Pesto Pasta Salad  
(WGR Pasta, Chicken,  
Tomatoes, Zucchini,  
Cheese)  
Steamed Broccoli w/  
Dip  
Mandarin Oranges

17

Chicken Salad Sand-  
wich on WGR Bread  
Steamed Carrots w/  
Dip  
Bananas

24

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

31

BYO Pizza Day  
(WGR Crust, Tomato  
Sauce, Cheese,  
Smoked Turkey)  
Steamed Carrots /w  
Dip  
Pineapple Tidbits

## Winter Root Vegetables

Root vegetables have been part of the human diet for nearly 5 million years! They are full of nutrients, are extremely versatile, and cost effective! We are focusing on parsnips, turnips, and rutabagas in the classroom. Try them this month with your family at home, too!

### Parsnips

Parsnips are a wonderful fall and winter treat! Slice and add to a stir-fry; add to soups and stews like potatoes; or peel or grate to add to salads and wraps.



### Turnips

Turnips are a great all-season vegetable. You can eat them raw in the spring and early summer with salt and pepper or in salads. You can chop them to add to soups and stews in the fall and winter. Add cooked turnips to mashed potatoes for extra flavor; roast them with carrots and other roots for a hearty side dish!



### Rutabagas

Rutabagas are a kitchen secret – they add extra flavor, spice, and zing to dishes. Boil them with your potatoes for mashed potatoes; or slice them very thin, sprinkle with salt, pepper and olive oil, and roast at 400 degrees for 15 - 20 minutes for rutabaga chips!



*This institution is an equal opportunity provider.*

"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.

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.