

January 2025 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
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Tuesday

7

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

14

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

21

Lentil and Turnip
Soup
(Lentils, Turnips, On-
ion, Carrots, Smoked
Turkey)
WGR Roll
opical Fruit

28

Southwest Chili
(Beans, Corn, Bell
Peppers, Parsnips)
Corn Chips
Peaches

Wednesday

8

BBQ Pulled Chick-
en Sandwiches on
WGR Buns
Carrot & Parsnip
Slaw
Pineapple Tidbits

15

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

22

Egg Salad Sand-
wich on WGR
Bread
Carrot sticks w/
Dip
Mandarin Oranges

29

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

Thursday

9

Turkey and
Cheese Sandwich
on WGR Bread
Celery Sticks w/
Dip
Mini Apples

16

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

23

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

30

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

Friday

10

Pesto Pasta Salad
(WGR Pasta, Chick-
en, Tomatoes, Zuc-
chini, Cheese)
Broccoli w/ Dip
Mandarin Oranges

17

Chicken Salad
Sandwich on WGR
Bread
Carrots w/ Dip
Bananas

24

Turkey and
Cheese Sandwich
on WGR Bread
Cucumber w/ Dip
Mini Apples

31

BYO Pizza Day
(WGR Crust, Tomato
Sauce, Cheese,
Smoked Turkey)
Green Salad w/
Dressing
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!



"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.

This institution is an equal opportunity provider.