

# January 2025 Socialization Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



**Mondays**  
9:30am to 11:30am or 12:00 to 2:00pm

13

**Tomato Basil Soup**  
(Tomato, Zucchini)  
**Cheese Stick**  
**WGR Bread stick**  
**Mini Apples**  
6-11 months old  
Soup  
Diced Cheese  
WGR Bread stick  
Applesauce

27

**Southwest Chili**  
(Beans, Corn, bell Peppers, Parsnips)  
**WGR Roll**  
**Peaches**  
6-11 months old  
Soup  
WGR Roll  
Peaches

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.

"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.

## 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.*