

November 2024 EHS 1-3yo Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

"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.

5

Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper,
Sweet Potato)
WGR Roll
Pears



6

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

7

Chicken Pesto Pasta
(WGR Pasta, Diced
Chicken, Diced Toma-
to, Zucchini, Cheese)
Steamed Broccoli w/
Dip
Peaches

1

Egg Salad
Sandwich on
WGR Bread
Cucumber slices
w/ Dip
Bananas

8

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

12

Autumn Sweet
Potato and Carrot
Soup
Hard Boiled Egg
WGR Breadstick
Peaches



13

Pulled BBQ Chick-
en Sandwiches on
WGR Buns
Roasted Sweet
Potatoes
Kiwi



14

Beef, Rice & Beans
(Ground Beef, Brown
Rice, Beans, Salsa,
Lettuce, Shredded
Cheese)
Pineapple Tidbits

15

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

19

Split Pea Soup with
Smoked Turkey,
(Carrots, Onion)
WGR Breadstick
Pineapple tidbits

20

BYO Sub Sandwich
(WGR Hoagie Bun,
Pesto Spread, Tur-
key, Cheese, Toma-
toes, Lettuce)
Applesauce

21

Bean and Rice bowl
(Beans, Brown Rice,
Diced Chicken, Salsa,
Cheese, Sweet Pota-
to, Shredded Lettuce,
Zesty Ranch Dressing)
Pears



22

WGR Pita Bread
Hummus
Cheese Sticks
Cucumber
Peaches

26

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Applesauce

27

Turkey w/ Gravy
Mashed Potatoes
Steamed Carrots w/
Dip
Sweet Potato Bread
Mandarin Oranges



28

No Classes

29

No Classes

Harvest of the Month: Sweet Potatoes!



Sweet potatoes are a delicious root vegetable that can be substituted for regular potatoes in recipes.

Vitamin A promotes a healthy immune system and good vision.

Sweet potatoes come in all the colors of the rainbow! Most commonly you will see varieties that have a white flesh or a dark orange flesh (sometimes called a sweet potato yam).

Choose firm, small to medium sized potatoes with smooth skin. Avoid cracks, soft spots and blemishes. If you aren't sure what color the flesh is, you can gently scratch the peel to reveal the flesh.

Orange sweet potatoes are loaded with beta-carotene, which converts to the antioxidant Vitamin A in our body.

Store sweet potatoes in a cool, dark place for use within 3-5 weeks.

Baked Sweet Potato Fries

Ingredients

- 1 Tablespoon olive or canola oil, to coat
- 2 large sweet potatoes, unpeeled and cut into thin fries
- ½ teaspoons salt
- ½ tsp garlic powder (optional)
- ½ tsp cinnamon (optional)



Directions

1. Preheat oven to 425 degrees.
2. Put cut fries into large ziploc bag (or bowl) with olive oil, put in salt, garlic and cinnamon and shake to coat.
3. Place fries onto baking sheet leaving space between fries.
4. Put in oven for 10 minutes and then flip them over.
5. Place back in for 10 more minutes.
6. They should be soft on the inside and browned on the outside.
7. Let cool for 5 minutes.

You can also try 1/4 packet taco seasoning or your favorite spice instead. Enjoy!

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.

This institution is an equal opportunity provider.