

November 2024 EHS 6-11mo 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

Diced Turkey &
Cheese
Cucumber
Applesauce

7

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

1

Egg Salad
WGR Sandwich
Bread
Cucumber slices
Bananas

8

WGR Crust Strips
Tomato Sauce
Diced Cheese
Steamed Carrots
Pineapple Tidbits

12

Autumn Sweet Pota-
to and Carrot Soup
Diced Hard Boiled
Egg
WGR Breadstick
Peaches



13

Shredded Chicken
Roasted Sweet
Potatoes
Diced Kiwi



14

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

15

Diced Turkey &
Cheese
Steamed Carrots
Bananas

19

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

20

Diced Turkey and
Cheese
Steamed Broccoli
Applesauce

21

Brown Rice
Diced Chicken
Salsa
Cheese
Roasted Sweet Pota-
to
Pears



22

WGR Pita Bread
Hummus
Diced Cheese
Cucumber
Peaches

26

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

27

Turkey w/ Gravy
Mashed Potatoes
Steamed Carrots
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.