

November 2024 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



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

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.

4

**Egg Salad Sandwich
on WGR Bread
Steamed Carrots w/
Dip
Peaches**
6-11 months old
Egg Salad
Steamed Carrots
Peaches

18

**BYO Sub Sandwiches
(WGR Hoagie Bun, Pesto
Spread, Turkey, Cheese,
Lettuce, Tomato)
Applesauce**
6-11 months old
Diced Turkey & Cheese
Cucumber slices
Applesauce

"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.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.

No peanut, nuts, or pork products are used in the preparation of any menu item.

Infants 0-11 months old are offered breast milk or formula.

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!