

November 2024 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.

5

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



6

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

7

Chicken Pesto Pasta (WGR Pasta, Diced Chicken, Tomato, Zucchini, Cheese)
Broccoli w/ Dip
Peaches

1

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

8

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

12

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



13

Pulled BBQ Chicken Sandwiches on WGR Buns
Roasted Sweet Potatoes
Kiwi



14

BYO Taco Day (Ground Beef, Flour Tortilla, Beans, Salsa, Lettuce, Shredded Cheese)
Pineapple Tidbits

15

Turkey and Cheese Sandwich on WGR Bread
Carrot sticks 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, Turkey, Cheese, Tomatoes, Lettuce)
Applesauce

21

Bean and Rice bowl (Beans, Brown Rice, Diced Chicken, Salsa, Cheese, Sweet Potato, Shredded Lettuce, Zesty Ranch Dressing)
Tropical Fruit



22

WGR Pita Bread
Hummus
Cheese Sticks
Cucumber
Peaches

26

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

27

Turkey w/ Gravy
Mashed Potatoes
Carrots & Celery w/ Dip
Sweet Potato Bread
Satsuma 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.

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).

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

Vitamin A promotes a healthy immune system and good vision.

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.

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!