

# December 2024 EHS 1-3 Lunch Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

3

Potato Chowder  
Oyster Crackers  
Hardboiled Egg  
Peaches

## Wednesday

4

Chicken Salad  
Sandwich on WGR  
Bread  
Steamed Carrots  
w/ Dip  
Pineapple Tidbits

## Thursday

5

Lasagna  
(Pasta, Chicken Sausage,  
Tomato Sauce, Cheese,  
Squash)  
Cucumber w/ Dip  
WGR Roll  
Pears

## Friday

6

Turkey and Cheese  
Sandwich on WGR Hoagie  
Steamed Broccoli  
w/ Dip  
Mandarin Oranges



10

Winter Squash Soup  
(Butternut Squash,  
Carrots, Onion)  
Hardboiled Egg  
WGR Roll  
Applesauce

11

Pulled Chicken  
Sandwich with BBQ  
sauce on WGR Buns  
Roasted Sweet  
Potatoes  
Kiwi

12

Egg Salad Sandwich  
on WGR Bread  
Steamed Carrots  
w/ Dip  
Mandarin Oranges

13

Roast Turkey  
Mashed Potatoes  
w/ Squash  
Carrot Gravy  
WGR Roll  
Pears

17

Beef and Vegetable  
Soup  
(Beef, Carrots, Onion,  
Celery, Zucchini)  
WGR Roll  
Pineapple Tidbits

18

Chicken Casserole  
(Chicken, Basmati  
Rice, Carrots, Onion,  
Broccoli)  
Peaches

19

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

20

No Classes

## No School December 20 to January 6

See you  
January 7!

"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.

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

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

### Harvest of the Month:

## Winter Squash!!

This month we are learning all about winter squash. Squash are gourds. Squash come in two varieties: summer and winter. Winter squash are delicious roasted, baked, boiled, sautéed or microwaved. Find winter squash at your local farmer's market or supermarket. Squash with darker yellow or orange flesh are full of Vitamin A and are extra nutritious! Each variety has a unique flavor, try them all! Such as: butternut, delicata, spaghetti, acorn, hubbard, and kabocha. Choose firm squash that are heavy for their size. You can store whole winter squash in a cool, dry place for up to three months! Ask your child about the squash served in the classroom!

*This institution is an equal opportunity provider.*