

December 2024 EHS 6-11mo Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

3

Potato Chowder
Oyster Crackers
Diced Hardboiled Egg
Peaches

Wednesday

4

Chicken Salad
WGR Sandwich Bread
Steamed Carrots
Pineapple Tidbits

Thursday

5

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

Friday

6

Diced Turkey & Diced Cheese
Steamed Broccoli
Mandarin Oranges



10

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

11

Shredded Chicken
Roasted Sweet Potatoes
Kiwi

12

Egg Salad
WGR Sandwich Bread
Steamed Carrots
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

Diced Turkey & Diced Cheese
Steamed Carrots
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 formula.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 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.