

December 2024 Socialization Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



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



2

Potato Chowder
Oyster Crackers
Hardboiled Egg
Peaches
6-11 months old
Soup
Oyster Crackers
Diced Hardboiled egg
Peaches

16

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Pears
6-11 months old
Soup
Diced Cheese
WGR Breadstick
Pears

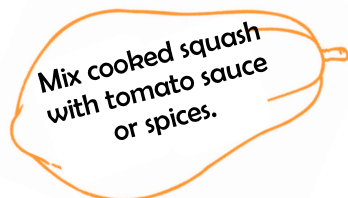
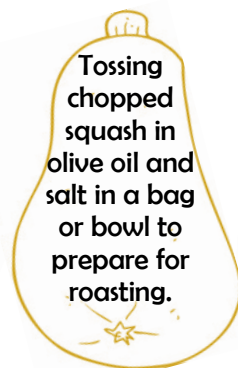
Infants 0-11 months old are offered breast milk or formula.

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

"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.

KIDS CAN HELP COOK WINTER SQUASH BY:



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!