

# December 2024 Full Day 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  
Carrots w/ Dip  
Pineapple Tidbits

## Thursday

5

Lasagna  
(Pasta, Chicken Sausage, Tomato Sauce, Cheese, Squash)  
Green Salad w/  
Dressing  
WGR Roll  
Pears

## Friday

6

Turkey and  
Cheese Sandwich  
on WGR Hoagie  
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 Sand-  
wich on WGR  
Bread  
Celery Sticks w/  
Dip  
Mandarin Oranges

13

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



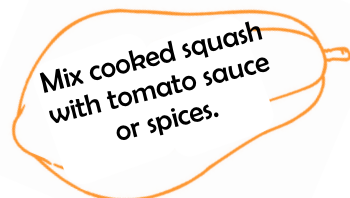
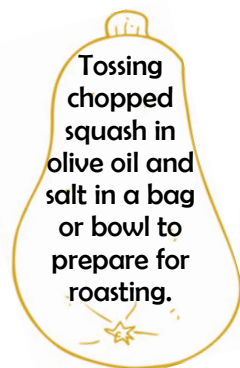
**No School**  
**December 16 to January 6**

**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.

## 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!