

# December 2024 Part-Day Lunch Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

3

Potato Chowder  
Oyster Crackers  
Hardboiled Egg  
Peaches

10

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

## Wednesday

4

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

11

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

## Thursday

5

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

12

Egg Salad Sand-  
wich on WGR  
Bread  
Celery Sticks w/  
Dip  
Mandarin Oranges

## Friday

6

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

13

No classes



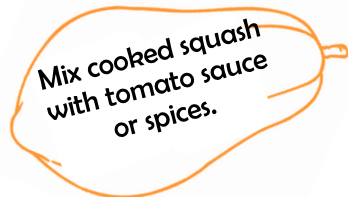
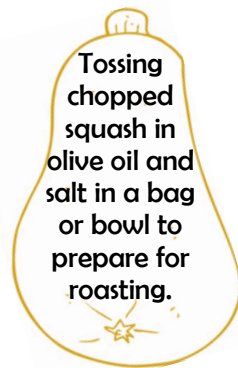
## No School December 13 to January 6

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!