

February 2025 Socialization Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Mondays

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

10

**Egg Salad Sandwiches on WGR Bread
Cucumber w/ Dip
Pears**
6-11 months old
Egg Salad
Cucumber
Pears

24

**Potato Chowder
(Potatoes, Onion, Carrots, Diced Turkey)
WGR Roll
Peaches**
6-11 months old
Soup
WGR Roll
Peaches

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.

Did You Know...

Cabbage is one of the oldest vegetables in existence and a dietary staple throughout the world.

Cabbage is high in fiber, vitamin C, vitamin K, and naturally fat free and cholesterol free.

Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried, or eaten raw.



Look for the cabbage image on the menu to find new ways to serve cabbage at home!

Ask your child about the fun things they learned about cabbage in their class this month!

