

# October 2024 EHS 6-11mo Lunch Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



## Tuesday

## Wednesday

## Thursday

## Friday

# BEETS!



Beet roots, the bulb part, is grown underground like a carrot. But, the beet greens are grown above ground!

Every part of the beet is edible, even the greens! Try sautéing them like spinach or chard. Delicious!

Beets are high in folate, a vitamin needed to make DNA and red blood cells, and helps prevent neural tube defects during pregnancy.

Beets are harvested in Washington from May to October and can be available year round!

Choose beets that are about the size of a baseball with fresh greens attached. Cut off the greens when you get home and place the greens and root in separate bags in the fridge. The greens will last a few days and the beet-roots will last several weeks. Beets are delicious steamed, roasted, or eaten raw in a salad.

**1**  
Split Pea Soup  
(Celery, Carrots, Onion)  
WGR Roll  
Mandarin Oranges

**2**  
WGR Pita Bread  
Beet Hummus  
Diced Cheese  
Cucumber slices  
Applesauce

**3**  
Beans, Shredded  
Cheese, Steamed  
Broccoli, Brown  
Rice  
Pineapple Tidbits

**4**  
Diced Turkey &  
Cheese  
Steamed Carrots  
Peaches

**8**  
Autumn Vegetable  
Soup  
(Golden Beets, Sweet  
Potato, Onion, Carrots)  
Diced Hardboiled Egg  
WGR Roll  
Applesauce

**9**  
Southwest Chili  
(Beans, Carrots,  
Corn, Bell Pepper)  
WGR Roll  
Pineapple Tidbits

**10**  
Spaghetti Noodles  
w/ Tomato Sauce,  
Diced Cheese  
Steamed Broccoli  
Tropical Fruit

**11**  
Chicken Salad  
Steamed Carrots  
WGR Flat Bread  
Strips  
Applesauce

**15**  
Lentil Soup w/  
Smoked Turkey  
(Celery, Carrots,  
Onion)  
WGR Roll  
Pears

**16**  
Diced Turkey &  
Cheese  
Steamed Broccoli  
Mandarin Oranges

**17**  
Shredded Chicken  
Steamed Carrots  
Bananas

**18**  
WGR Crust Strips  
Tomato Sauce  
Diced Cheese  
Cucumber slices  
Pineapple Tidbits

**22**  
Tomato Basil Soup  
(Tomato, Zucchini)  
Diced Cheese  
WGR Bread Stick  
Mandarin Oranges

**23**  
Diced Turkey and  
Cheese  
Steamed Broccoli  
Tropical Fruit

**24**  
Brown Rice, Beans,  
Corn, Peppers,  
Onion, Shredded  
Cheese  
Pineapple Tidbits

**25**  
WGR Pita Bread  
Beet Hummus  
Diced Hardboiled  
egg  
Cucumber Slices  
Applesauce

**29**  
Minestrone Soup  
(Pasta, Golden Beets,  
Garbanzo, Tomato,  
Onion,  
Zucchini)  
Diced Cheese  
WGR Roll  
Peaches

**30**  
Tuna Salad  
Steamed Carrots  
Pears

**31**  
WGR Pasta Salad  
(Pesto, Chicken, Toma-  
to, Zucchini, Shredded  
Cheese)  
Cucumber slices  
Mandarin Oranges

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50%. Iron-fortified infant cereal is available for infants 6-11m old.

No peanut, nuts, or pork products are used in the preparation of any menu item.

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.