

October 2024 EHS 1-3yo 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
Cheese Sticks
Cucumbers
Sliced Mini Apples

3
BYO Taco Bowls
(Ground Beef, Beans, Salsa, Cheese, Lettuce, Brown Rice)
Pineapple Tidbits

4
Turkey and Cheese Sandwich on WGR Bread
Steamed Carrots w/ Dip
Peaches

8
Autumn Vegetable Soup
(Golden Beets, Sweet Potato, Onion, Carrots)
Hardboiled Egg
WGR Roll
Sliced Mini Apples

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

10
Spaghetti
(Pasta, Ground Beef, Tomato Sauce, Cheese)
Steamed Broccoli w/ Dip
WGR Breadstick
Tropical Fruit

11
Chicken Salad
Steamed Carrots
WGR Flat Bread
Applesauce

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

16
Turkey and Cheese Wrap on Tortilla
Steamed Broccoli w/ Dip
Mandarin Oranges

17
Pulled Chicken Sandwiches w/ BBQ Sauce on WGR Buns
Steamed Carrots w/ Dip
Bananas

18
BYO Pizza Day
(WGR Crust, Tomato Sauce, Cheese, Smoked Turkey slices, Olives)
Cucumbers w/ Dip
Pineapple Tidbits

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

23
Turkey and Cheese Sandwich on WGR Bread
Steamed Broccoli w/ Dip
Tropical Fruit

24
BYO Rice Bowl
(Brown Rice, Beans, Corn, Peppers, Onion, Salsa, Cheese)
Pineapple Tidbits

25
WGR Pita Bread
Beet Hummus
Hardboiled egg
Cucumber Slices
Sliced Mini Apples

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

30
Tuna Salad Sandwich on WGR Bread
Steamed Carrots w/ Dip
Pears

31
Pesto Chicken Pasta Salad
(WGR Pasta, Chicken, Pesto, Zucchini, Tomatoes, Cheese)
Cucumber w/ Dip
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.