

October 2024 Lunch Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

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

2
WGR Pita Bread
Beet Hummus
Cheese Sticks
Cucumbers
Mini Apples

3
BYO Taco
(Ground Beef,
Beans, Salsa,
Cheese, Lettuce,
Tortillas)
Pineapple Tidbits

4
Turkey and
Cheese Sandwich
on WGR Bread
Carrot Sticks w/
Dip
Peaches

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

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

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

11
Chicken Salad
Carrot & Celery
Sticks
WGR Flat Bread
Applesauce

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

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

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

18
BYO Pizza Day
(WGR Flatbread Toma-
to Sauce, Cheese,
Smoked Turkey slices,
Olives)
Green Salad w/ Dress-
ing
Pineapple Tidbits

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

23
Turkey and
Cheese Sandwich
on WGR Bread
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
Mini Apples

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

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

31
Pesto Chicken Pas-
salad
(WGR Pasta, Chicken,
Pesto, Zucchini,
Tomatoes, Cheese)
Cucumber w/ Dip
Mandarin Oranges

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.

Beets have a vibrant red color that can stain. Save beet juice to use in coloring homemade play dough or finger paints!



"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.