

# October 2024 EHS Socializations Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



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

## 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!



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**Autumn Vegetable Soup**  
(Golden Beets, Sweet Potato, Onion, Carrots)  
**Hardboiled Egg**  
**WGR Roll**  
**Mini Apples**  
6-11 months old  
Soup, Hard boiled egg,  
WGR roll, Applesauce



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**Turkey and Cheese Wraps on Tortilla**  
**Steamed Carrots w/ Dip**  
**Peaches**  
6-11 months old  
Diced Turkey & Cheese  
Steamed Carrots  
Peaches

"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.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.

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.