

# April 2025 EHS 1-3yo Lunch Menu



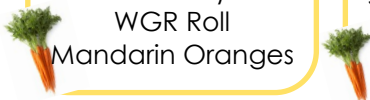
EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

1

Lentil Soup  
(Celery, Smoked Turkey, Carrots, Onion, Tomato)  
WGR Roll  
Mandarin Oranges



## Wednesday

2

Creamy Chicken Pasta  
(Chicken, WGR Pasta, Peas & Carrots)  
Steamed Carrots w/ Dip  
Applesauce



## Thursday

3

Egg Salad Sandwich  
on WGR Bread  
Cucumbers w/ Dip  
Peaches

## Friday

4

WGR Pita Bread  
Hummus  
Cheese Stick  
Steamed Broccoli  
Pineapple Tidbits

8

Tomato Basil Soup  
(Tomato, Zucchini)  
Cheese Stick  
WGR Breadstick  
Pineapple Tidbits



9

Turkey & Cheese  
Sandwich on WGR  
Bread  
Steamed Broccoli  
w/ Dip  
Pears

10

Chicken Salad Sand-  
wich on WGR Bread  
Steamed Carrots w/  
Dip  
Mandarin Oranges



11

BYO Pizza  
(WGR Crust, Tomato  
Sauce, Shredded  
Cheese, Smoked Tur-  
key)  
Cucumber w/ Dip  
Applesauce

15

Potato Chowder  
(Chicken, Potato,  
Carrots, Onion)  
WGR Roll  
Mandarin Oranges



16

BBQ Pulled Chicken  
on WGR Bun  
Roasted Sweet Po-  
tatoes  
Peaches

17

Tuna Salad on WGR  
Bread  
Cucumber Slices w/  
Dip  
Pears



18

BYO Pizza  
(WGR Crust, Tomato  
Sauce, Shredded  
Cheese, Smoked Tur-  
key)  
Steamed Carrots w/  
Dip  
Pineapple Tidbits

22

Tomato Basil Soup  
(Tomato, Zucchini)  
Cheese Stick  
WGR Roll  
Pears

23

Spaghetti  
(Pasta, Meatballs, Toma-  
to Sauce, Cheese)  
Steamed Broccoli w/ Dip  
WGR Breadstick  
Applesauce

24

Turkey and Cheese  
Sandwich on WGR  
Hoagie Roll  
Coleslaw w/ Car-  
rots  
Bananas

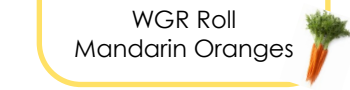


25

BYO Taco Day  
(Ground Beef, Tortil-  
las, Beans, Salsa,  
Cheese, Lettuce)  
Mandarin Oranges

29

Minestrone Soup  
(Pasta, Onions, Toma-  
toes, Carrots, White  
Beans)  
Cheese Stick  
WGR Roll  
Mandarin Oranges



30

WGR Pita Bread  
Hummus  
Hardboiled Egg  
Steamed Carrots  
Pineapple Tidbits



"WGR" means  
"Whole Grain Rich"  
and specifies that the  
item contains at least  
50% whole grains.

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

Infants 0-11 months  
old are offered  
breast milk or for-  
mula.

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

## Harvest of the Month:

# CARROTS!



## Did You Know...

Carrots can be orange, red, yellow, or purple!

When purchasing carrots, look for some that are firm to the touch and then store them in the fridge for up to a month.



Carrots are an excellent source of Vitamin A which helps with eye sight, and Vitamin C which creates a strong immune system to help fight off sicknesses.

Carrots are root vegetables that are grown in the ground with a green bushy top.