

April 2025 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

No Classes April 1-11

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 Turkey)
Green Salad w/ Carrots &
Dressing
Pineapple Tidbits

22

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

23

Spaghetti
(Pasta, Meatballs, Toma-
to Sauce, Cheese)
Green Salad w/ Dressing
WGR Breadstick
Mini Apples

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
Carrots
Tropical Fruit



No peanut, nuts, or
pork products are
used in the
preparation of any
menu item. Milk (1%
low fat) is served
with every lunch.

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

Harvest of the Month:

CARROTS!



Did You Know...

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

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

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



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

Carrots can be steamed, roast-
ed, or eaten raw! Let your child
help you select carrots from the
store and prepare them with
you. Involving children will help
them want to taste it, too!

This institution is an equal opportunity provider.