

July 2024 EHS Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Happy Summer!



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

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

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. 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. Milk (1% low fat) is served with every lunch.

9
Tomato Basil Soup (Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Mandarin Oranges
6-11 months
Soup, Cheese Stick, WGR Breadstick, Mandarin Oranges

10
Tuna Salad Sandwich on WGR Bread
Broccoli w/ Dip
Peaches
6-11 months
Tuna Salad, Steamed Broccoli, Peaches

11
WGR Macaroni Salad (Celery, Peas, Shredded Cheese)
Hardboiled Egg
Melon
6-11 months
Macaroni Salad, Hardboiled Egg, Melon

16
Lentil Soup (Smoked Turkey, Lentils, Celery, Carrots, Onions)
WGR Roll
Mini Apples
6-11 months
Soup, WGR Roll, Applesauce

17
WGR Pasta Salad (Pesto, Chicken, Zucchini, Tomato, Cheese)
Broccoli w/ Dip
Fresh Peaches
6-11 months
Pasta Salad, Steamed Broccoli, Fresh Peaches

18
Turkey and Cheese Wrap (Turkey, Cheese, Lettuce, Tortilla)
Carrots w/ Dip
Strawberries
6-11 months
Diced Turkey & Cheese, Steamed Carrots, Strawberries

23
Potato Chowder (Corn, Potatoes, Onion)
Hard Boiled Egg
WGR Roll
Mini Apples
6-11 months
Soup, Hardboiled Egg, WGR Roll, Applesauce

24
WGR Pita
Roasted Red Pepper Hummus
Cheese Stick
Cucumber slices
Melon
6-11 months
Hummus, WGR Pita, Cucumber, Melon

25
BYO Taco Day (Tortillas, Ground Beef, Beans, Salsa, Shredded Cheese, Lettuce)
Blueberries
6-11 months
Beans, Tortilla, Steamed Carrots, Blueberries