

July 2024 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

2
Minestrone Soup
(WGR Pasta, Onion,
Zucchini, Tomatoes,
Garbanzo, Cabbage)
Cheese Stick
WGR Roll
Peaches

9
Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Mandarin Oranges

16
Lentil Soup
(Smoked Turkey,
Lentils, Celery, Car-
rots, Onions)
WGR Roll
Mini Apples

23
Potato Chowder
(Corn, Potatoes, On-
ion)
Hard Boiled Egg
WGR Roll
Mini Apples

30
Southwest Chili
(Beans, Carrots,
Corn, Bell Pepper)
WGR Roll
Melon

Wednesday

3
Pulled Chicken
Sandwiches
(Shredded Chicken,
WGR Bun, BBQ Sauce)
Coleslaw
Mini Apples

10
Tuna Salad Sand-
wich on WGR Bread
Broccoli w/ Dip
Peaches

17
WGR Pasta Salad
(Pesto, Chicken, Zuc-
chini, Tomato,
Cheese)
Broccoli w/ Dip
Fresh Peaches

24
WGR Pita
Roasted Red Pepper
Hummus
Cheese Stick
Cucumber slices
Melon

31
BYO Pizza
(WGR Crust, Red
Sauce, Turkey slices,
Shredded Cheese)
Green Salad w/
Dressing
Pineapple Tidbits

Thursday

No Classes

11
WGR Macaroni Sa-
ad
(Celery, Peas, Shred-
ded Cheese)
Hardboiled Egg
Melon

18
Turkey and Cheese
Wrap
(Turkey, Cheese, Let-
tuce, Tortilla)
Carrots w/ Dip
Strawberries

25
BYO Taco Day
(Tortillas, Ground Beef,
Beans, Salsa, Shred-
ded Cheese, Lettuce)
Blueberries

Friday

No Classes

12
Turkey and Cheese
Sandwich on WGR
Bread
Cucumber Slices w/
Dip
Applesauce

19
Chicken Salad Sand-
wich on WGR Bread
Cucumber Slices w/
Dip
Bananas

26
Egg Salad Sandwich
on WGR
Carrot Sticks w/ Dip
Pears

Happy Summer!



"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 prepara-
tion of any menu
item. Milk (1% low
fat) is served with
every lunch.

This institution is an equal opportunity provider.