

March 2024 EHS Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

12

Southwest Chili
(Beans, Carrots, Corn, Bell
Pepper, Onions)
WGR Roll
Pineapple Tidbits
6-11 months
Chili, WGR Roll, Pineapple
Tidbits

19

Tomato Basil Soup
(Tomato, Zucchini)
Cheese Stick
WGR Breadstick
Pears
6-11 months
Soup, Cheese Stick, WGR
Breadstick
Pears

26

Minestrone Soup
(Pasta, White Bean, Zucchi-
ni, Tomato)
WGR Roll
Cheese Stick
Peaches
6-11 months
Soup, WGR Roll, Cheese
Peaches

Wednesday

13

BBQ Pulled Chicken on V
Bun
Roasted Sweet Potatoes
Mini Apples
6-11 months
Shredded Chicken, Roasted
Sweet Potatoes
Applesauce

20

Turkey and Cheese Sand-
wich on WGR Bread
Cucumber w/ Dip
Mandarin Oranges
6-11 months
Diced Turkey, Cucumbers,
Mandarin Oranges

27

BYO Tacos
(Ground Beef, Beans, Salsa,
Lettuce, Cheese, WGR Tortil-
las)
Mini Apples
6-11 months
Beans, Diced Cheese, Ap-
plesauce

Thursday

14

Creamy Chicken
Noodle Casserole
(WGR Pasta, Pea, Carrot, Onion,
Mushroom)
Cucumber w/ Dip
Tropical fruit
6-11 months
Parents Mash Casserole, Cu-
cumbers, Tropical Fruit

21

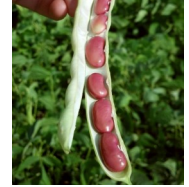
WGR Pasta Bake
(WGR Pasta, Diced Chicken,
Cheese, Garbanzo Beans)
Carrots w/ Dip
Applesauce
6-11 months
Parents mash pasta, Blanched
Carrots, Applesauce

28

Navy Bean Soup
(Smoked Turkey, Carrots, Onion,
Celery)
WGR Breadstick
Pineapple Tidbits
6-11 months
Soup, WGR Breadstick, Pineap-
ple Tidbits

Beans, Beans, Beans!

Beans are an excellent, low cost protein source that are full of fiber and flavor!



Try planting some dry beans in a cup with soil. Your child will love to water daily and see what sprouts! Have fun!

There are over 40,000 bean varieties! Try a new type today, such as: Garbanzo, navy, lentil, fava, or black eye beans!



Beans can help stretch your food dollars. They are a great source of protein, just like meat. Cooking meals with plenty of beans and a small amount of meat for flavor will save money!



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

"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.

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