

March 2024 Lunch Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

1

No Classes

5

Lentil soup
(Celery, Carrots,
Onion, Tomato)
WGR Roll
Mandarin Oranges

6

Egg Salad sandwich
on WGR Bread
Carrot Sticks w/ Dip
Pears

7

Pasta Salad
(WGR Pasta, Garbanzo
beans, Tomatoes, Ol-
ives, Cheese)
Broccoli w/ Dip
Peaches

8

Turkey and Cheese
sandwich on
WGR Bread
Celery sticks w/ Dip
Banana

12

Southwest Chili
(Beans, Carrots, Corn,
Bell Pepper, Onions)
WGR Roll
Pineapple Tidbits

13

BBQ Pulled Chicken
on WGR Bun
Roasted Sweet Pota-
toes
Mini Apples

14

Creamy Chicken
Noodle Casserole
(WGR Pasta, Pea, Car-
rot, Onion, Mushroom)
Green Salad
w/ Dressing
Tropical fruit

15

Tuna Salad sand-
wich on
WGR Bread
Cucumbers w/
Dip
Bananas

19

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

20

Turkey and Cheese
Sandwich on
WGR Bread
Cucumber w/ Dip
Mandarin Oranges

21

WGR Pasta Bake
(WGR Pasta, Diced
Chicken, Cheese,
Garbanzo Beans)
Carrots w/ Dip
Applesauce

22

WGR Pita Bread
Roasted Red Pepper
Hummus
Hardboiled Egg
Broccoli
Pineapple Tidbits

26

Minestrone Soup
(Pasta, White Bean,
Zucchini, Tomato),
Cheese Stick
WGR Roll
Peaches

27

BYO Tacos
(Ground Beef,
Beans, Salsa, Let-
tuce, Cheese, Tortil-
las)
Mini Apples

28

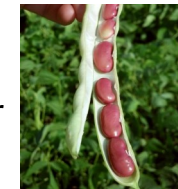
Navy Bean Soup
(Smoked Turkey,
Carrot, Onion, Cel-
ery)
WGR Breadstick
Pineapple Tidbits

29

Chicken Salad
Sandwich on
WGR Bread
Broccoli w/ Dip
Bananas

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!

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

This institution is an equal opportunity provider.