

January 2025 EHS 1-3 Breakfast and Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday	Wednesday	Thursday	Friday
7 Cheerios Peaches ----- Cheese and Crackers Pineapple Tidbits	8 Yogurt Pears ----- WGR Graham Crackers Applesauce	9 WGR English Muffin w/ Jam Bananas ----- Cottage Cheese Mandarin Oranges	10 WGR Bagel w/ Cream Cheese Pineapple Tidbits ----- WGR Blueberry Muffins Applesauce
14 Kix Cereal Peaches ----- WGR English Muffin w/ Jam Mandarin Oranges	15 Deluxe Snack Mix (WGR Cereal, Crackers) Melon ----- WGR Bagel w/ Cream Cheese Pears	16 Yogurt & Pear Parfait w/ WGR Oat Topping ----- Chex Cereal Applesauce	17 WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits ----- WGR Banana Bites Peaches
21 WGR English Muffin w/ Sun Butter Applesauce ----- Cheese and Crackers Mandarin Oranges	22 WGR Bagel w/ Cream Cheese Pears ----- Deluxe Snack Mix Applesauce	23 Yogurt Peaches ----- Cheerios Pineapple Tidbits	24 WGR Zucchini Muffin Pears ----- WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges
28 Cheerios Applesauce ----- WGR Bagel w/ Cream Cheese Peaches	29 Deluxe Snack Mix (WGR Cereal, Crackers, Dried Fruit) Bananas ----- Yogurt Pears	30 WGR Bagel w/ Cream Cheese Peaches ----- WGR Zucchini Muffin Mandarin Oranges	31 WGR Banana Bites Pears ----- Cheese and Crackers Applesauce

"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 breakfast.

Kitchen Helpers!

The best way to teach your child about healthy eating is to cook and eat together!

Bring your small child into the kitchen with you. Remember: safety first! Keep young children away from hot stoves, sharp knives and electric appliances.

Children who help choose, wash and cook new foods are more likely to try them. Don't forget to praise your child often and tell him how proud you are of his hard work! Have fun!!!

Let Your Child Help You:

Wash fruits and vegetables!

Tear lettuce into small pieces for a salad!

Mash potatoes, squash, or root vegetables!

Peel fruits and hard boiled eggs!

Stir batter in a bowl!

