

# November 2024 6-11mo Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

## Wednesday

## Thursday

## Friday

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

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

### 5 Infant Cereal Pineapple Tidbits

WGR Goldfish Crackers Peaches

### 12 Infant Cereal Satsuma Oranges

WGR Goldfish Crackers Peaches

### 19 Infant Cereal Peaches

WGR Goldfish Crackers Mandarin Oranges

### 26 Infant Cereal Pineapple Tidbits

WGR Goldfish Crackers Peaches

### 6 Yogurt Pear

Cheerios Mandarin Oranges

### 13 Yogurt Applesauce

Cheerios Peaches

### 20 Yogurt Kiwi

Cheerios Peaches

### 27 Yogurt Pear

Cheerios Mandarin Oranges

### 7 Cottage Cheese Bananas

Chex Cereal Peaches

### 14 Cottage Cheese Peaches

Chex Cereal Bananas

### 21 Cottage Cheese Bananas

Chex Cereal Applesauce

No Classes

### 1 Diced Cheese Cheerios Pears

WGR Butternut Squash Bites Applesauce

### 8 Diced Cheese Chex Cereal Peaches

Snack Mix (WGR Cereal, Crackers) Mandarin Oranges

### 15 Diced Cheese Cheerios Peaches

Snack Mix Mandarin Oranges

### 22 Diced Cheese Chex Cereal Applesauce

WGR Banana Bites Peaches

No Classes

## 5 Scrumptious Ways to Enjoy Sweet Potatoes!

- 1. A Crispy, Healthy Snack.** Try munching on sweet potato chips. Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350 degrees for 15 minutes or until lightly browned and crisp.
- 2. The New Potato Salad.** Substitute sweet potatoes for regular spuds in your favorite potato salad recipe.
- 3. Baked Sweet Potato Fries.** Sweet potato fries make a delicious treat. Quarter sweet potatoes and drizzle with olive oil. Bake at 400 degrees for 40-60 minutes. For a spicy twist, add a dash of cayenne pepper.
- 4. Top Your Salad.** Sweet potatoes make sweet salad toppings. Combine diced sweet potatoes, pineapple tidbits, apples, celery, and cashews. Serve over salad greens.
- 5. Bake, Roast, or Steam 'em!** Pick a cooking method and enjoy! Use whole, unpeeled sweet potatoes as a side dish to any meal.

## ~Veggie Haters?~



Does your child seem to dislike all vegetables? That's normal! Don't worry about forcing your child to eat them, instead be positive and encouraging! It can take 10-20 exposures of a new food for a child to like it. So, don't give up! Keep offering; you're doing great! Sometimes offering a veggie in a different way might be the trick. Maybe your child doesn't love mashed sweet potatoes, but baked sweet potato fries could become a new favorite!

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50%. 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.