

November 2024 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday



5
WGR English Muffin
w/ Sun Butter
Pineapple Tidbits

Kix Cereal
Peaches

6
Yogurt and Pear
Parfait w/ WGR
Oat Topping

WGR Soft Pretzel
w/ Honey Mustard
Tropical Fruit

7
Cheerios
Bananas

Cottage Cheese
Pears

8
WGR Spiced Sweet
Potato Muffin
Peaches

Deluxe Snack Mix
Mandarin Oranges

12
Kix Cereal
Satsuma Oranges

Cheese &
Crackers
Pears

13
Deluxe Snack Mix
(WGR Cereal, Crack-
ers, Dried Fruit)
Applesauce

WGR Spiced Sweet
Potato Muffins
Peaches

14
WGR English Muffin
w/ Sun Butter
Pears

Cheerios
Bananas

15
Yogurt
Peaches

Deluxe Snack Mix
Mandarin Oranges

19
WGR Bagel w/
Cream Cheese
Peaches

Kix Cereal
Mandarin Oranges

20
Kix Cereal
Kiwi

Yogurt
Pears

21
WGR Sweet Potato
Bites
Bananas

Deluxe Snack Mix
Applesauce

22
WGR Orange
Cranberry Muffin
Mini Apples

WGR Banana Bites
Pears

26
Cheerios
Pineapple Tidbits

WGR Orange
Cranberry Muffins
Peaches

27
Yogurt Pear Parfait
w/ Oat Topping

WGR Bagel w/
Cream Cheese
Mandarin Oranges

28
No Classes

22
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!

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

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