

December 2024 1-3yo Breakfast and Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Kix Cereal Mandarin Oranges</p> <hr/> <p>Yogurt Pears</p>	<p>4</p> <p>Snack Mix (WGR Cereal, Crackers) Bananas</p> <hr/> <p>WGR Bagels w/ Cream Cheese Peaches</p>	<p>5</p> <p>WGR English Muffin w/ Jam Mandarin Oranges</p> <hr/> <p>Cheerios Applesauce</p>	<p>6</p> <p>WGR Soft Pretzel w/ Honey Mustard Applesauce</p> <hr/> <p>WGR Blueberry Muffin Peaches</p>
<p>10</p> <p>Cheerios Pears</p> <hr/> <p>Cheese and Crackers Mandarin Oranges</p>	<p>11</p> <p>WGR Banana Bites Applesauce</p> <hr/> <p>Cottage Cheese Pears</p>	<p>12</p> <p>Yogurt Peach Parfait w/ WGR Oat Topping</p> <hr/> <p>Kix Cereal Applesauce</p>	<p>13</p> <p>WGR Butternut Squash Muffins Pineapple Tidbits</p> <hr/> <p>WGR Graham Crackers Mandarin Oranges</p>
<p>17</p> <p>Chex Cereal Pears</p> <hr/> <p>WGR Bagel w/ Cream Cheese Bananas</p>	<p>18</p> <p>WGR English Muffin w/ Jam Mandarin Oranges</p> <hr/> <p>Cheese and Crackers Applesauce</p>	<p>19</p> <p>Yogurt Pears</p> <hr/> <p>Cheerios Pineapple Tidbits</p>	<p>20</p> <p>No Classes</p>



**No School
December 20 to January 6**

**See you
January 7!**

"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.

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

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

**Harvest of the Month:
Winter Squash!!**

This month we are learning all about winter squash. Squash are gourds. Squash come in two varieties: summer and winter. Winter squash are delicious roasted, baked, boiled, sautéed or microwaved. Find winter squash at your local farmer's market or supermarket. Squash with darker yellow or orange flesh are full of Vitamin A and are extra nutritious! Each variety has a unique flavor, try them all! Such as: butternut, delicata, spaghetti, acorn, hubbard, and kabocha. Choose firm squash that are heavy for their size. You can store whole winter squash in a cool, dry place for up to three months! Ask your child about the squash served in the classroom!