

# December 2024 6-11mo Breakfast and Snack Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>3</b></p> <p>Infant Cereal Mandarin Oranges</p> <hr/> <p>WGR Goldfish Crackers Pears</p>	<p><b>4</b></p> <p>Cottage Cheese Bananas</p> <hr/> <p>Cheerios Peaches</p>	<p><b>5</b></p> <p>Yogurt Mandarin Oranges</p> <hr/> <p>Chex Cereal Applesauce</p>	<p><b>6</b></p> <p>Diced Cheese Cheerios Applesauce</p> <hr/> <p>WGR Blueberry Muffin Peaches</p>
<p><b>10</b></p> <p>Infant Cereal Pears</p> <hr/> <p>WGR Goldfish Crackers Mandarin Oranges</p>	<p><b>11</b></p> <p>Cottage Cheese Applesauce</p> <hr/> <p>Cheerios Pears</p>	<p><b>12</b></p> <p>Yogurt Peaches</p> <hr/> <p>Chex Cereal Applesauce</p>	<p><b>13</b></p> <p>Diced Cheese Chex Cereal Pineapple Tidbits</p> <hr/> <p>WGR Graham Crackers Mandarin Oranges</p>
<p><b>17</b></p> <p>Infant Cereal Pears</p> <hr/> <p>WGR Goldfish Crackers Bananas</p>	<p><b>18</b></p> <p>Cottage Cheese Mandarin Oranges</p> <hr/> <p>Cheerios Applesauce</p>	<p><b>19</b></p> <p>Yogurt Pears</p> <hr/> <p>Chex Cereal Pineapple Tidbits</p>	<p><b>20</b></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!