

# December 2024 Breakfast and Snack Menu Full Day



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

3

Kix Cereal  
Mandarin Oranges

Yogurt  
Pears

10

Cheerios  
Pears

Cheese and  
Crackers  
Mandarin Oranges

## Wednesday

4

Snack Mix  
(WGR Cereal,  
Crackers, Dried Fruit)  
Bananas

WGR Bagels w/  
Cream Cheese  
Peaches

11

WGR Banana Bites  
Mini Apples

Cottage Cheese  
Pears

## Thursday

5

WGR English Muffin  
w/ Sun Butter  
Mandarin Oranges

Cheerios  
Mini Apples

12

Yogurt Peach Parfait  
w/ WGR Oat  
Topping

Kix Cereal  
Tropical Fruit

## Friday

6

WGR Soft Pretzel  
w/ Honey Mustard  
Applesauce

WGR Blueberry  
Muffin  
Peaches

13

WGR Butternut  
Squash Muffins  
Pineapple Tidbits

WGR Graham  
Crackers  
Mandarin Oranges



## No School December 16 to January 6

See you  
January 7!

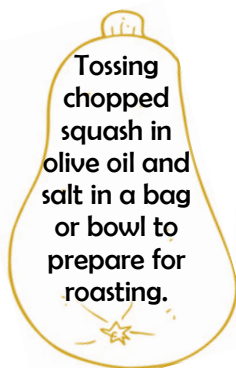
"WGR" means  
"Whole Grain Rich"  
and specifies that the  
item contains at least  
50% whole grains.

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

## KIDS CAN HELP COOK WINTER SQUASH BY:



Mix cooked squash  
with tomato sauce  
or spices.



## 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!