

December 2024 Breakfast and Snack Menu Part Day



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

3

Kix Cereal
Mandarin Oranges

Yogurt
Pears

4

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

WGR Bagels w/
Cream Cheese
Peaches

5

WGR English Muffin
w/ Sun Butter
Mandarin Oranges

Cheerios
Mini Apples

6

WGR Soft Pretzel
w/ Honey Mustard
Applesauce

WGR Blueberry
Muffin
Peaches

10

Cheerios
Pears

Cheese and
Crackers
Mandarin Oranges

11

WGR Banana Bites
Mini Apples

Cottage Cheese
Pears

12

Yogurt Peach Parfait
w/ WGR Oat
Topping

Kix Cereal
Tropical Fruit

13

No Classes



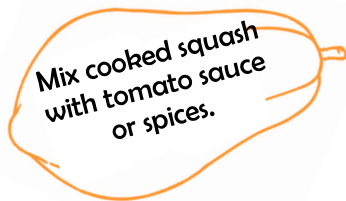
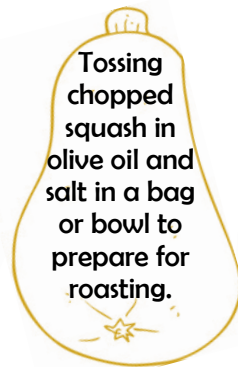
No School December 13 to January 6

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:



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!