

February 2025 EHS 1-3 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



February is National Heart Month!



This month is all about taking care of your heart health! Help your family have healthy hearts by:

Eating Less Fried Foods

Eating More Fruits and Veggies

Eating Fish Twice a Week

Eating Lean Protein

Eating More Whole Grains

This institution is an equal opportunity provider.

Tuesday

4

Kix Cereal
Pineapple Tidbits

WGR English Muffin
w/ Jam
Applesauce

Wednesday

5

Yogurt w/ WGR Oat
Topping
Bananas

WGR Soft Pretzel w/
Honey Mustard
Peaches

Thursday

6

WGR Bagel
w/Cream Cheese
Mandarin Oranges

Snack Mix
(WGR Cereal, Crack-
ers)
Pineapple Tidbits

Friday

7

WGR Blueberry Muf-
fin
Peaches

Chex Cereal
Pears

WGR Soft Pretzel w/
Honey Mustard
Pineapple Tidbits

Cheese and Crack-
ers
Applesauce

Cheerios
Mandarin Oranges

Cottage Cheese
Peaches

Yogurt & Pear Parfa-
w/ WGR Oat Topping

WGR English Muffin
w/ Sun Butter
Melon

Deluxe Snack Mix
(WGR Cereal, Crack-
ers)

Applesauce
WGR Bagel w/ Straw-
berry Cream Cheese
Mandarin Oranges

WGR English Muffin
Jam
Pineapple Tidbits

Snack Mix
(WGR Cereal, Crack-
ers)
Peaches

WGR Bagel w/
Cream Cheese
Applesauce

Cheese and
Crackers
Pears

Yogurt
Peaches

WGR Zucchini
Muffins
Mandarin Oranges

WGR Banana Bites
Pears

Cheerios
Peaches

Chex Cereal
Mandarin Oranges

WGR English Muffin
w/ Jam
Applesauce

Deluxe Snack Mix
(WGR Cereal, Crack-
ers)

Bananas
WGR Banana Bites
Kiwi

WGR Zucchini Mu-
fins
Peaches

Cheese and Crack-
ers
Pineapple Tidbits

No Classes

"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.

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

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