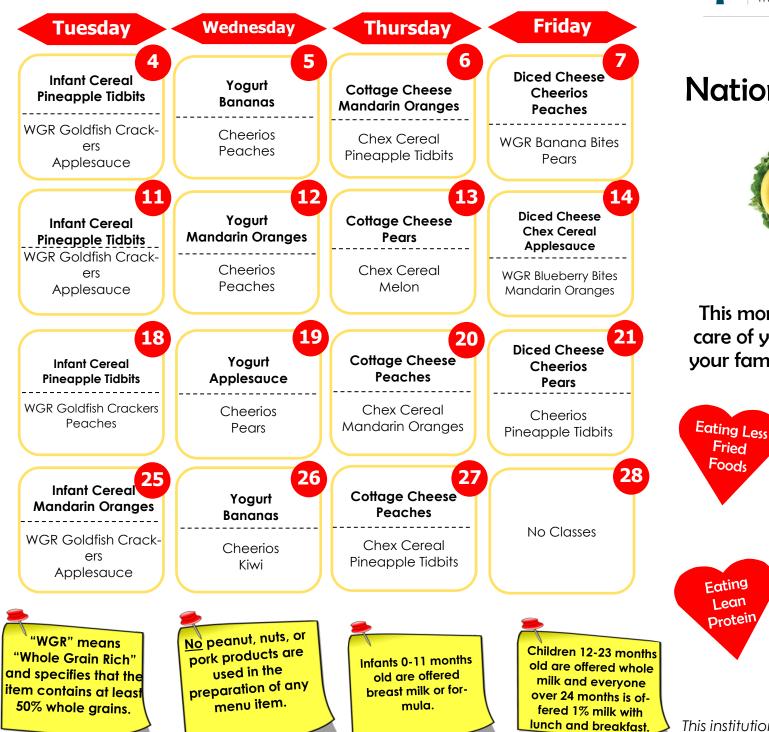
## February 2025 EHS 6-11m Breakfast & Snack Menu



Eating More

Fruits and

Veggies

Eating More

Whole

Grains

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

by:

Eating Fish

Twice a

Week

Fried Foods

Eating Lean

Protein

February is **National Heart Month!** 

EDMONDS COLLEGE

HEAD START, EARLY HEAD START, AND ECEAP





This institution is an equal opportunity provider.