

February 2025 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/ Sun Butter
Mini Apples

11

WGR Soft Pretzel w/
Honey Mustard
Pineapple Tidbits

Cheese and Crackers
Mini Apples

18

WGR English Muffin
w/ Sun Butter
Tropical fruit

Deluxe Snack Mix
Peaches

25

Chex Cereal
Mandarin Oranges

WGR English Muffin
w/ Sun Butter
Applesauce

Wednesday

5

Yogurt w/ WGR Oat
Topping
Bananas

WGR Soft Pretzel w/
Honey Mustard
Peaches

12

Cheerios
Mandarin Oranges

Cottage Cheese
Peaches

19

WGR Bagel w/
Cream Cheese
Applesauce

Cheese and
Crackers
Pears

26

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

WGR Banana Bites
Kiwi

Thursday

6

WGR Bagel
w/Cream Cheese
Mandarin Oranges

Deluxe Snack Mix
Tropical Fruit

13

Yogurt & Pear Parfait
w/ WGR Oat Topping

WGR English Muffin
w/ Sun Butter
Melon

20

Yogurt
Peaches

WGR Zucchini
Muffins
Mandarin Oranges

27

WGR Zucchini Muffins
Peaches

Cheese and Crackers
Pineapple Tidbits

Friday

7

WGR Blueberry Muffin
Peaches

Chex Cereal
Pears

14

Deluxe Snack Mix
(WGR Cereal, Crackers,
Dried Fruit)
Applesauce

WGR Bagel w/ Strawberry
Cream Cheese
Mandarin Oranges

21

WGR Banana Bites
Pears

Cheerios
Peaches

28

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. Milk (1% low fat) is served with every breakfast.