

October 2024 EHS 6-11mo Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Roasted Beets and Sautéed Beet Greens



INGREDIENTS:

- 1 Bunch beets with greens
- 2 Tablespoons oil, divided
- 2 minced garlic cloves
- 2 Tablespoons chopped onion (optional)
- Salt and pepper to taste
- 1 Tablespoon favorite vinegar, optional (red wine, balsamic, apple cider)

DIRECTIONS:

1. Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 1 tablespoon of oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover with aluminum foil and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. Hold beet with a paper towel and wipe skin off. Cut into cubes.

When the roasted beets are almost done, heat the remaining 1 tablespoon olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either your favorite vinegar, or salt and pepper.

"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.

This institution is an equal opportunity provider.

Tuesday

1

Infant Cereal Applesauce

WGR Goldfish Crackers
Tropical Fruit

8

Infant Cereal Tropical Fruit

WGR Goldfish Crackers
Mandarin Oranges

15

Infant Cereal Pineapple Tidbits

WGR Goldfish Crackers
Mandarin Oranges

22

Infant Cereal Applesauce

WGR Goldfish Crackers
Pears

29

Infant Cereal Pears

WGR Goldfish Crackers
Pineapple Tidbits

Wednesday

2

Yogurt Peaches

Cheerios
Mandarin Oranges

9

Yogurt Peaches

Cheerios
Pears

16

Yogurt Peaches

Cheerios
Tropical Fruit

23

Yogurt Peaches

Cheerios
Applesauce

30

Yogurt Pineapple Tidbits

Cheerios
Peaches

Thursday

3

Cottage Cheese Pears

Chex Cereal
Peaches

10

Cottage Cheese Mandarin Oranges

Chex Cereal
Mini apples

17

Cottage Cheese Mandarin Oranges

Chex Cereal
Applesauce

24

Cottage Cheese Tropical Fruit

Chex Cereal
Pears

31

Cottage Cheese Tropical Fruit

Chex Cereal
Pears

Friday

4

Diced Cheese Cheerios Orange slices

WGR Banana Bites
Applesauce

11

Diced Cheese Chex Cereal Pears

WGR Blueberry Bites
Peaches

18

Diced Cheese Cheerios Pears

WGR Banana Bites
Peaches

25

Diced Cheese Chex Cereal Peaches

WGR Blueberry Bites
Mandarin Oranges