

October 2024 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

Cheerios Applesauce

Deluxe Snack Mix
Tropical Fruit

8

WGR Soft Pretzel w/ Honey Mustard Tropical Fruit

Kix Cereal
Mandarin Oranges

15

WGR English Muffin w/ Sun Butter Pineapple Tidbits

Deluxe Snack Mix
Mandarin Oranges

22

Kix Cereal Applesauce

Cheese and Crackers
Pears

29

Deluxe Snack mix (WGR Cereal, Crackers, dried fruit) Pears

WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits

Wednesday

2

Yogurt Peaches

Cheese and Crackers
Mandarin Oranges

9

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

Yogurt
Pears

16

WGR Bagel w/ Cream Cheese Peaches

Kix Cereal
Tropical Fruit

23

WGR Bagel w/ Cream Cheese Peaches

WGR Blueberry Muffin
Mini Apples

30

WGR Blueberry Bites Pineapple Tidbits

Yogurt
Peaches

Thursday

3

WGR English Muffin w/ Sun Butter Pears

Yogurt & Peach Parfait w/ WGR Oat Topping

10

WGR Banana muffin Mandarin Oranges

Cheese and Crackers
Mini apples

17

Yogurt Mandarin Oranges

Cheese and Crackers
Applesauce

24

WGR English Muffin w/ Sun Butter Tropical Fruit

Cottage Cheese
Pears

31

WGR Banana Muffin Tropical Fruit

Cheese and Crackers
Pears

Friday

4

WGR Blueberry Muffins Orange slices

WGR English Muffin w/ Sun Butter Mini Apples

11

Yogurt & Pear Parfait w/ WGR Oat Topping

WGR English Muffin w/ Sun Butter Peaches

18

WGR Banana Muffin Pears

WGR Soft Pretzel w/ Honey Mustard Peaches

25

Yogurt & Peach Parfait w/ WGR Oat Topping

Cheerios
Mandarin Oranges