October 2024 Breakfast & Snack Menu

EDMONDS COLLEGE

HEAD START AND EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

Roasted Beets and Sautéed **Beet Greens**

Cheerios **Applesauce**

Deluxe Snack Mix Tropical Fruit

Yogurt **Peaches**

Cheese and Crackers Mandarin Oranges

WGR English Muffin w/ Sun Butter Pears

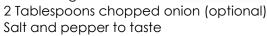
Yogurt & Peach Parfait w/ WGR Oat Topping

WGR Blueberry Muffins Orange slices

WGR English Muffin w/ Sun Butter Mini Apples

INGREDIENTS:

1 Bunch beets with greens 2 Tablespoons oil, divided 2 minced garlic cloves



1 Tablespoon favorite vinegar, optional (red wine, balsamic, apple cider)

WGR Soft Pretzel w/ **Honey Mustard Tropical Fruit**

Kix Cereal Mandarin Oranges

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

> Yogurt Pears

WGR Banana muffin **Mandarin Oranges**

Cheese and Crackers Mini apples

Yogurt & Pear Parfait w/ WGR Oat Topping

WGR English Muffin w/ Sun Butter **Peaches**

DIRECTIONS:

Cut into cubes.

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

When the roasted beets are almost done, heat the

low heat. Add the garlic and onion, and cook for a

add them to the skillet. Cook and stir until greens are

your favorite vinegar, or salt and pepper.

wilted and tender. Season with salt and pepper. Serve

the greens as is, and the roasted beets sliced with either

minutes, or until a knife can slide easily through the larg-

est beet. Hold beet with a paper towel and wipe skin off.

remaining 1 tablespoon olive oil in a skillet over medium-

minute. Tear the beet greens into 2 to 3 inch pieces, and

WGR English Muffin w Sun Butter **Pineapple Tidbits**

Deluxe Snack Mix Mandarin Oranges

16 WGR Bagel w/ **Cream Cheese Peaches**

Kix Cereal Tropical Fruit

Yogurt Mandarin Oranges

> Cheese and Crackers **Applesauce**

WGR Banana Muffin Pears

WGR Soft Pretzel w/ Honey Mustard Peaches

22 Kix Cereal **Applesauce**

Crackers Pears

WGR Bagel w/ **Cream Cheese Peaches**

WGR Blueberry Muffin Mini Apples

WGR English Muffin Sun Butter **Tropical Fruit**

> Cottage Cheese Pears

Parfait w/ WGR Oat Topping

Cheerios

Cheese and

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

WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits

30

WGR Blueberry Bites Pineapple Tidbits

> Yogurt **Peaches**

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WGR Banana Muffin **Tropical Fruit**

Cheese and Crackers Pears

Yogurt & Peach

Mandarin Oranges

'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.