

April 2025 EHS 1-3yo Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>Cheerios Pears</p> <p>-----</p> <p>Cheese and Crackers Applesauce</p>	<p>2</p> <p>WGR English Muffin w/ Jam Pineapple Tidbits</p> <p>-----</p> <p>Chex Cereal Pears</p>	<p>3</p> <p>Yogurt Bananas</p> <p>-----</p> <p>WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges</p>	<p>4</p> <p>WGR Blueberry Muffin Peaches</p> <p>-----</p> <p>WGR English Muffin w/ Jam Pears</p>
<p>8</p> <p>WGR Bagel w/ Cream Cheese Pears</p> <p>-----</p> <p>Cheerios Peaches</p>	<p>9</p> <p>Snack Mix (Cereal, Crackers) Bananas</p> <p>-----</p> <p>Yogurt Mandarin Oranges</p>	<p>10</p> <p>Chex Cereal Peaches</p> <p>-----</p> <p>WGR Blueberry Muffin Pears</p>	<p>11</p> <p>WGR Banana Bites Pineapple Tidbits</p> <p>-----</p> <p>Cheerios Mandarin Oranges</p>
<p>15</p> <p>Cheerios Pears</p> <p>-----</p> <p>Cheese and Crackers Applesauce</p>	<p>16</p> <p>WGR Bagel w/ Cream Cheese Pineapple Tidbits</p> <p>-----</p> <p>WGR Blueberry Bites Pears</p>	<p>17</p> <p>Yogurt Peaches</p> <p>-----</p> <p>Snack Mix Mandarin Oranges</p>	<p>18</p> <p>WGR Carrot Muffins Bananas</p> <p>-----</p> <p>WGR English Muffin w/ Jam Applesauce</p>
<p>22</p> <p>WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits</p> <p>-----</p> <p>Cheese and Crackers Peaches</p>	<p>23</p> <p>Snack Mix (Cereal, Crackers) Bananas</p> <p>-----</p> <p>Yogurt Mandarin Oranges</p>	<p>24</p> <p>WGR English Muffin w/ Jam Peaches</p> <p>-----</p> <p>WGR Carrot Muffin Pears</p>	<p>25</p> <p>WGR Banana Muffin Applesauce</p> <p>-----</p> <p>Cheerios Peaches</p>
<p>29</p> <p>Chex Cereal Peaches</p> <p>-----</p> <p>WGR Bagel w/ Cream Cheese Pears</p>	<p>30</p> <p>Yogurt & Peach Parfait w/ WGR Oat Topping</p> <p>-----</p> <p>WGR Banana Muffin Applesauce</p>		

“Dig In” to Gardening!

April is the perfect month to start preparing a small garden! Plant vegetables that your family likes to eat, such as: tomatoes, lettuce, cilantro, green beans, peppers, and zucchini.



Don't have the space for a garden? That's okay! You can grow some vegetables in large buckets on your porch, deck, or by your front door.



Let your child help you plant, water, and harvest the vegetables. Kids love seeing plants grow and will be fascinated to see where vegetables really come from (not the grocery store!)

“WGR” means “Whole Grain Rich” and specifies that the item contains at least 50% whole grains.

Infants 0-11 months old are offered breast milk or formula.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.

No peanut, nuts, or pork products are used in the preparation of any menu item.