

# April 2025 Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

No Classes April 1-11

**Cheerios  
Pears**

15

Cheese and Crackers  
Tropical Fruit

**WGR Bagel w/  
Cream Cheese  
Pineapple Tidbits**

16

WGR Blueberry Bites  
Pears

**Yogurt  
Peaches**

17

Snack Mix  
Tropical Fruit

**WGR Carrot Muffins  
Bananas**

18

WGR English Muffin w/  
Sun Butter  
Applesauce

**WGR Soft Pretzel w/  
Honey Mustard  
Pineapple Tidbits**

22

Cheese and Crackers  
Peaches

**Snack Mix  
(Cereal, Crackers,  
Dried Fruit)  
Bananas**

23

Yogurt  
Mandarin Oranges

**WGR English Muffin  
w/ Sun Butter  
Tropical Fruit**

24

WGR Carrot Muffin  
Pears

**WGR Banana Muffin  
Mini Apples**

25

Cheerios  
Peaches

**Kix Cereal  
Peaches**

29

WGR Bagel w/  
Cream Cheese  
Pears

**Yogurt & Peach Parfait  
w/ WGR Oat Topping**

30

WGR Banana Muffin  
Applesauce

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

"WGR" means "Whole Gran Rich" and specifies that the item contains at least 50% whole grains.

## "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!)

### Baked Carrot "Fries"

#### INGREDIENTS:

- 2 pounds carrots
- 2 Tablespoons olive oil
- 1/4 teaspoon salt OR garlic salt
- 1/8 teaspoon ground pepper



#### DIRECTIONS:

1. Heat oven to 425 degrees F. Line a shallow pan with aluminum foil (if desired for easy clean up).
2. Using a sharp knife, cut off the tip and end of each carrot.
3. Cut carrots into sticks by cutting in half crosswise, then cut lengthwise, then cut lengthwise again.
4. In a mixing bowl, combine the carrot sticks, olive oil, salt and pepper. Stir until all are evenly coated.
5. Place carrots on pan, in a single layer. Bake for 20 minutes or until carrots are tender.
6. Serve hot or at room temperature with your child's favorite dip. Enjoy!