

April 2018 Breakfast and Snack Menu

First week no class: Col/Ald/Chase/Mon
Second week no class: EA / CG

Monday

Tuesday

Wednesday

Thursday

2

Chex Cereal
Cranberry Juice

Snack Mix
Fruit Cocktail

3

WGR English Muffin
Sliced Cheese
Peaches

WGR English Muffin
Sliced Cheese
Peaches

4

Life Cereal
Banana

Pretzels
Banana

5

WGR Blueberry
Muffin
Applesauce

WGR Blueberry
Muffin
Applesauce

9

Chex Cereal
Cranberry Juice

Snack Mix
Fruit Cocktail

10

WGR English Muffin
Sliced Cheese
Peaches

WGR English Muffin
Sliced Cheese
Peaches

11

Life Cereal
Banana

Pretzels
Banana

12

WGR Blueberry
Muffin
Applesauce

WGR Blueberry
Muffin
Applesauce

16

Corn Flakes
Apple Juice

Pretzels
Applesauce

17

Seasonal Bagel
Cream Cheese
Oranges

Seasonal Bagel
Cream Cheese
Oranges

18

Rice Crispy Cereal
Pears

Gold Fish Crackers
Pears

19

WGR Banana Muffin
Melons

WGR Banana Muffin
Melons

23

Cheerios
Orange Juice

Cheese
WGR Crackers

24

WGR Soft Pretzel
Honey Mustard
Applesauce

WGR Soft Pretzel
Honey Mustard
Applesauce

25

Bran Flakes
Raisins and Apricots

Hard Pretzels
Raisins and Apricots

26

Yogurt, Oat Topping,
Peach Parfait

Yogurt, Oat Topping,
Peach Parfait

SNOHOMISH COUNTY

Head Start
&
Early Head Start



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 Grain Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.



This institution is an equal opportunity provider.

"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)!

Visit www.gardening.wsu.edu for more information.

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!