# **April 2019 Breakfast and Snack Menu**

\*Menu for CG,EA,SE

## **Tuesday**

#### **Rice Chex Cranberry Juice**

Snack Mix (Crackers, Cereals, Hard Pretzel) Mandarin Oranges

#### WGR English Muffin Sliced Cheese **Tropical fruit**

Wednesday

WGR English Muffin Sliced Cheese Tropical Fruit

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### **Thursday**

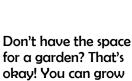
#### WGR Bagel w **Cream Cheese** Banana

WGR Bagel w/ Cream Cheese Banana

### **Friday**

#### WGR Blueberry Muffin Applesauce

WGR Blueberry Muffin **Applesauce** 



some vegetables in large buckets on your porch, deck, or by your

front door.



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.



**Spring Break** 

**Spring Break** 

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**Spring Break** 



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)!

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### Cheerios Pineapple Juice

WGR Soft Pretzel **Pears** 

#### WGR English Muf w/ Honey Butter **Orange Slices**

WGR English Muffin w/ Honey Butter Orange Slices

### Yogurt Peach Parfo 18 w/ WGR Oat Topping

Yogurt Peach Parfait w/ WGR Oat Topping

### Seasonal Bagel v 19 **Cream Cheese** Mixed Melon

Seasonal Bagel w/ Cream Cheese Mixed Melon



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

### **Corn Flakes Grape Juice**

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Cheese Crackers **Mandarin Oranges** 

#### Cottage Cheese **Pears**

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#### WGR Apple & Carr 25 **Bread** Kiwi

WGR Apple & Carrot Bread Kiwi

#### WGR Blueberry Bites Bananas

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### **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!

### Rice Chex **Apple Juice**

Carrots and Celerv w/ Hummus



**Early Head Start** 

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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. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

This institution is an equal opportunity provider.