

April 2019 Breakfast and Snack Menu

*Menu for MON/COL/CHL/ALD

Tuesday

Wednesday

Thursday

Friday

“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!

2

Spring Break

3

Spring Break

4

Spring Break

5

Spring Break

9

Rice Chex
Cranberry Juice

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

10

WGR English Muffin
Sliced Cheese
Tropical Fruit

WGR English Muffin
Sliced Cheese
Tropical Fruit

11

WGR Bagel w/
Cream Cheese
Banana

WGR Bagel w/
Cream Cheese
Banana

12

WGR Blueberry
Muffin
Applesauce

WGR Blueberry
Muffin
Applesauce

16

Cheerios
Pineapple Juice

WGR Soft Pretzel
Pears

17

WGR English Muffin
w/ Honey Butter
Orange Slices

WGR English Muffin
w/ Honey Butter
Orange Slices

18

Yogurt Peach Parfait
w/ WGR Oat Topping

Yogurt Peach Parfait
w/ WGR Oat Top-
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19

Seasonal Bagel w/
Cream Cheese
Mixed Melon

Seasonal Bagel w/
Cream Cheese
Mixed Melon

23

Corn Flakes
Grape Juice

Cheese
Crackers
Mandarin Oranges

24

Cottage Cheese
Pears

Cottage Cheese
Pears

25

WGR Apple & Carrot
Bread
Kiwi

WGR Apple & Carrot
Bread
Kiwi

26

WGR Blueberry Bites
Bananas

WGR Blueberry Bites
Bananas

30

Rice Chex
Apple Juice

Carrots and Celery
w/ Hummus

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 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.