

# July 2024 Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



## Tuesday

2

Cheerios  
Mandarin Oranges

Cheese and Crackers  
Pears

9

WGR Bagel w/  
Cream Cheese  
Applesauce

WGR Banana Muffin  
Pineapple Tidbits

16

Cheerios  
Peaches

WGR English Muffin  
w/ Sun Butter  
Mandarin Oranges

23

Kix Cereal  
Mandarin Oranges

WGR Soft Pretzel w/  
Honey Mustard  
Pears

30

Snack Mix  
(WGR Cereal, Crack-  
ers, Dried Fruit)  
Mandarin Oranges

Yogurt  
Pears

## Wednesday

3

WGR English Muffin w/ S  
Butter  
Pears

Snack Mix  
(WGR Cereal, Crackers,  
Dried fruit)  
Mandarin Oranges

10

Snack Mix  
(WGR Cereal, Crack-  
ers, Dried Fruit)  
Peaches

Yogurt  
Pears

17

WGR Blueberry Muffin  
Tropical Fruit

WGR Soft Pretzel w/  
Honey Mustard  
Strawberries

24

Yogurt w/ WGR O  
Topping  
Peaches

WGR Blueberry Muf-  
fin  
Tropical Fruit

31

WGR Bagels w/  
Cream Cheese  
Peaches

Cheese and  
Crackers  
Applesauce

## Thursday

4

No Classes

11

WGR Soft Pretzel w/  
Honey Mustard  
Tropical Fruit

Cheerios  
Bananas

18

Yogurt w/ WGR Oat  
Topping  
Pears

WGR Bagel w/  
Cream Cheese  
Bananas

25

WGR English Muffin  
w/ Sun Butter  
Applesauce

Cottage Cheese  
Melon

## Friday

5

No Classes

12

WGR Banana Muffin  
Melon

Cottage Cheese  
Mandarin Oranges

19

WGR Zucchini Muffin  
Pineapple Tidbits

Cheese and Crackers  
Applesauce

26

WGR Blueberry Mur-  
fin  
Mandarin Oranges

Kix Cereal  
Mini Apples

# Happy Summer!



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

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

This institution is an equal opportunity provider.