

March 2024 Breakfast/Snack Menu Full Day



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

			1 No Classes
5 Cheerios Peaches ----- WGR Bagel w/Cream Cheese Pears	6 WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits ----- Yogurt Mandarin Oranges	7 Deluxe Snack Mix (Cereal, Crackers, Dried Fruit) Bananas ----- WGR English Muffin w/ Sun Butter Mini Apples	8 Yogurt & Pear Parfait w/ WGR Oat Topping ----- Cheese & Crackers Tropical Fruit
12 WGR English Muffin w/ Sun Butter Mandarin Oranges ----- Cheerios Pears	13 WGR Bagel w/ Cream Cheese Tropical Fruit ----- Cheese & Crackers Applesauce	14 Yogurt Pears ----- Kix Cereal Mini Apples	15 WGR Blueberry Muffins Peaches ----- Cottage Cheese Mandarin Oranges
19 Kix Cereal Mandarin Oranges ----- WGR Bagel w/ Cream Cheese Peaches	20 Deluxe Snack Mix (Cereal, Crackers, Dried Fruit) Applesauce ----- WGR Blueberry Muffin Tropical Fruit	21 Cottage Cheese Pears ----- WGR English Muffin w/ Sun Butter Pineapple Tidbits	22 WGR Banana Muffin Tropical Fruit ----- Yogurt Peaches
26 Cheerios Pears ----- WGR Soft Pretzel w/ Honey Mustard Mini Apples	27 WGR English Muffin w/ Sun Butter Mandarin Oranges ----- Deluxe Snack Mix Pears	28 Yogurt Peaches ----- WGR English Muffin w/ Sun Butter Bananas	29 Kix Cereal Applesauce ----- Cheese and Crack- ers Tropical Fruit

March is National NUTRITION Month!

Celebrate by developing new family nutrition goals this month. You could:

Try a new vegetable every week!



Drink more water instead of sugary drinks!



Avoid the snack, candy, and soda aisles!



Develop a weekly menu and cook at home!

Serve dinners with all 5 food groups!

Let your child help prepare nutritious snacks!

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.

March 2024 Breakfast/Snack Menu Partial Day



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday **Wednesday** **Thursday** **Friday**

			1 No Classes
5 Cheerios Peaches ----- Cheerios Peaches	6 WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits ----- WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits	7 Deluxe Snack Mix (Cereal, Crackers, Dried Fruit) Bananas ----- Deluxe Snack Mix Bananas	8 Yogurt & Pear Parfait w/ WGR Oat Topping ----- Yogurt & Pear Parfait w/ WGR Oat Top- ping
12 WGR English Muffin w/ Sun Butter Mandarin Oranges ----- WGR English Muffin w/ Sun Butter Mandarin Oranges	13 WGR Bagel w/ Cream Cheese Tropical Fruit ----- WGR Bagel w/ Cream Cheese Tropical Fruit	14 Yogurt Pears ----- Yogurt Pears	15 WGR Blueberry Muffins Peaches ----- WGR Blueberry Muffins Peaches
19 Kix Cereal Mandarin Oranges ----- Kix Cereal Mandarin Oranges	20 Deluxe Snack Mix (Cereal, Crackers, Dried Fruit) Applesauce ----- Deluxe Snack Mix Applesauce	21 Cottage Cheese Pears ----- Cottage Cheese Pears	22 WGR Banana Muffin Tropical Fruit ----- WGR Banana Muffin Tropical Fruit
26 Cheerios Pears ----- Cheerios Pears	27 WGR English Muffin w/ Sun Butter Mandarin Oranges ----- WGR English Muffin w/ Sun Butter Mandarin Oranges	28 Yogurt Peaches ----- Yogurt Peaches	29 Kix Cereal Applesauce ----- Kix Cereal Applesauce

March is National NUTRITION Month!

Celebrate by developing new family nutrition goals this month. You could:

Try a new vegetable every week!



Drink more water instead of sugary drinks!



Avoid the snack, candy, and soda aisles!



Develop a weekly menu and cook at home!

Serve dinners with all 5 food groups!

Let your child help prepare nutritious snacks!

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.