



October 2018 Breakfast/Snack Menu

Tuesday

B: Kix Cereal
Apple Juice

S: Celery Sticks
w/ Sun butter
Pineapple

B: Cheerios
Orange Juice

S: Yogurt
Mandarin Oranges

B: Cheerios
Apple Juice

S: WGR Soft Pretzels
Mini Apples

B: Corn Flakes
Grape Juice

S: Cheese and
Crackers

B: Life Cereal
Orange Juice

S: Snack Mix (Cheerios,
Pretzels, Fish crackers)
Bananas

Wednesday

B: Yogurt Peach Parfait
w/ WGR Oat Topping

S: Yogurt Peach Parfait
w/ WGR Oat Top-
ping

B: WGR Banana Bites
Applesauce

S: WGR Banana Bites
Applesauce

B: WGR English
Muffin w/ Honey butter
Tropical Fruit

S: WGR English Muffin w/
Honey butter
Tropical Fruit

B: Cottage Cheese
Peaches

S: Cottage Cheese
Peaches

B: WGR Fruit Muffin
Applesauce

S: WGR Fruit Muffin
Applesauce

Thursday

B: Snack Mix (Cereal, Pret-
zels, Crackers)
Raisins

S: Snack Mix (Cereal, Pret-
zels, Crackers)
Raisins

B: Cottage Cheese
Pears

S: Cottage Cheese
Pears

B: Yogurt Peach Parfait
w/ WGR Oat Topping

S: Yogurt Peach Parfait
w/ WGR Oat Top-
ping

B: WGR Bagel w/ Cream
Cheese
Pears

S: WGR Bagel w/ Cream
Cheese
Pears

"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.

Friday

B: Seasonal Bagel w
Cream Cheese
Bananas

S: Seasonal Bagel w/
Cream Cheese
Bananas

B: WGR Zucchini Bread
Kiwi

S: WGR Zucchini Bread
Kiwi

B: Seasonal Bagel
w/Cream Cheese
Pineapple

S: Seasonal Bagel
w/Cream Cheese
Pineapple

B: WGR Banana Bites
Orange slices

S: WGR Banana Bites
Orange slices

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



Roasted Beets and Sautéed Beet Greens



INGREDIENTS:

- 1 Bunch beets with greens
- 2 Tablespoons oil, divided
- 2 minced garlic cloves
- 2 Tablespoons chopped onion (optional)
- Salt and pepper to taste
- 1 Tablespoon favorite vinegar, optional (red wine, balsamic, apple cider)

DIRECTIONS:

- Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 1 tablespoon of oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
- Cover with aluminum foil and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. Hold beet with a paper towel and wipe skin off. Cut into cubes.

When the roasted beets are almost done, heat the remaining 1 tablespoon olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either your favorite vinegar, or salt and pepper.

SNOHOMISH COUNTY

Head Start
&
Early Head Start



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