

September 2024 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START

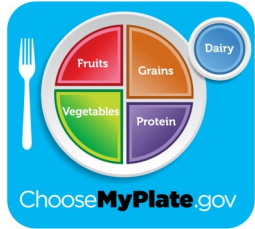


Tuesday

Wednesday

Thursday

Friday



4
WGR English Muffin
w/ Sun Butter
Peaches

Yogurt
Pears

5
WGR English Muffin
w/ Sun Butter
Peaches

Yogurt
Pears

6
WGR Bagel w/
Cream Cheese
~~Mandarin Oranges~~

Cheese and
Crackers
Peaches

10
Cheerios
Applesauce

WGR English Muffin
w/ Sun Butter
Mandarin Oranges

11
WGR Bagel w/
Cream Cheese
Peaches

Deluxe Snack Mix
(WGR Cereal,
Crackers, Dried Fruit
Mini Apples

12
Yogurt
Mandarin Oranges

Cheese and
Crackers
Tropical Fruit

13
WGR Banana
Muffins
Pineapple Tidbits

Cheerios
Pears

17
Kix Cereal
Pears

WGR Soft Pretzel w/
Honey Mustard
Pineapple Tidbits

18
Deluxe Snack Mix
(WGR Cereal, Crack-
ers)
Applesauce

Cottage Cheese
Pears

19
WGR Blueberry
Muffin
Mandarin Oranges

Cheese and
Crackers
Bananas

20
WGR English Muffin
w/ Sun Butter
Peaches

Deluxe Snack Mix
Mini Apples

24
WGR English Muffin
w/ Sun Butter
Mini Apples

Cheese and
Crackers
Peaches

25
WGR Soft Pretzel w/
Honey Mustard
Pears

Kix Cereal
Mandarin Oranges

26
WGR Bagel w/
Cream Cheese
Peaches

WGR English Muf-
fin w/ Sun Butter
Pineapple Tidbits

27
Kix Cereal
Mandarin Oranges

Yogurt
Pears

Harvest of the Month!

Every month we will showcase a different fruit or vegetable on the menu, in the meals, and in the classroom! Your child will participate in different activities and learn more about the Harvest of the Month in class. Ask your child what they are learning about apples this month and let them help you pick some out at the store!

Apple Car

INGREDIENTS

1 apple, sliced and cored
Grapes, cut in half if desired
Toothpicks

DIRECTIONS

1. After you slice and core the apples, let children pick an apple slice to be their car. Then, help them push toothpicks into bottom of apple slice, with skin on top. Place a grape on each of the ends of the toothpicks.
2. When ready to eat, help your child remove the pieces of fruit from the toothpicks and enjoy!



"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 prepara-
tion of any menu
item. Milk (1% low
fat) is served with
every breakfast.

This institution is an equal opportunity provider.