## September 2024 Ages 1-3 Breakfast & Snack Menu

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## EDMONDS COLLEGE HEAD START AND

EARLY HEAD START

## Tuesday

## Wednesday

## **Thursday**

## **Friday**

## Kix Cereal Peaches

Cheese and Crackers Pears

### WGR English Muffin w/ Jam Peaches

Yogurt Pears

## Cheerios Applesauce

Yogurt Mandarin Oranges

## WGR Bagel w/ Cream Cheese Mandarin Oranges

Cheese and Crackers Peaches

## Cheerios Applesauce

WGR English Muffin w/ Jam Mandarin Oranges

#### WGR Bagel w/ Cream Cheese Peaches

Snack Mix (WGR Cereal, Crackers) Mini Apples

## Yogurt Mandarin Oranges

Cheese and Crackers Tropical Fruit

## WGR Banana Muffins Pineapple Tidbits

Cheerios Pears

## Kix Cereal Pears

WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits

#### Snack Mix (WGR Cereal, Crackers) Applesauce

Cottage Cheese Pears

## WGR Blueberry Muffin Mandarin Oranges

Cheese and Crackers Bananas

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## WGR English Muffin w/ Jam Peaches

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Deluxe Snack Mix Mini Apples

## WGR English Muffin w/ Jam Mini Apples

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Cheese and Crackers Peaches

## WGR Soft Pretzel w/ Honey Mustard Pears

Kix Cereal Mandarin Oranges

## WGR Bagel w/ Cream Cheese Peaches

WGR English Muffin w/ Jam Pineapple Tidbits

## Kix Cereal Mandarin Oranges

Yogurt Pears

"WGR" means "Whole
Grain Rich" and specifies
that the item contains at
least 50%. Iron-fortified
infant cereal is available
for infants 6-11m old.

# No peanut, nuts, or pork products are used in the preparation of any menu item.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.

### Infants 0-11 months old are offered breast milk or formula.

**Apple Car** 

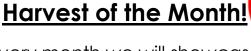
#### **INGREDIENTS**

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

#### **DIRECTIONS**

- 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!

This institution is an equal opportunity provider.



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!

