

# September 2024 Ages 1-3 Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



## Tuesday

## Wednesday

## Thursday

## Friday

3

Kix Cereal  
Peaches

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Cheese and  
Crackers  
Pears

4

WGR English Muffin  
w/ Jam  
Peaches

-----  
Yogurt  
Pears

5

Cheerios  
Applesauce

-----  
Yogurt  
Mandarin Oranges

6

WGR Bagel w/  
Cream Cheese  
Mandarin Oranges

-----  
Cheese and  
Crackers  
Peaches

10

Cheerios  
Applesauce

-----  
WGR English Muffin  
w/ Jam  
Mandarin Oranges

11

WGR Bagel w/  
Cream Cheese  
Peaches

-----  
Snack Mix (WGR  
Cereal, Crackers)  
Mini Apples

12

Yogurt  
Mandarin Oranges

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Cheese and  
Crackers  
Tropical Fruit

13

WGR Banana  
Muffins  
Pineapple Tidbits

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Cheerios  
Pears

17

Kix Cereal  
Pears

-----  
WGR Soft Pretzel w/  
Honey Mustard  
Pineapple Tidbits

18

Snack Mix  
(WGR Cereal,  
Crackers)  
Applesauce

-----  
Cottage Cheese  
Pears

19

WGR Blueberry  
Muffin  
Mandarin Oranges

-----  
Cheese and  
Crackers  
Bananas

20

WGR English Muffin  
w/ Jam  
Peaches

-----  
Deluxe Snack Mix  
Mini Apples

24

WGR English Muffin  
w/ Jam  
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 Muffin  
w/ Jam  
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%. 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.

This institution is an equal opportunity provider.