

# January 2026 EHS 1-3 Breakfast and Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



Tuesday	Wednesday	Thursday	Friday
6 Cheerios Peaches Cheese and Crackers Pineapple Tidbits	7 Yogurt & Pear Parfait w/ WGR Oat Topping Pears WGR Graham Crackers Applesauce	8 WGR Blueberry Muffin Bananas Kix Cereal Mandarin Oranges	9 WGR Bagel w/ Cream Cheese Pineapple Tidbits WGR Blueberry Muf- fins Applesauce
13 Kix Cereal Peaches WGR English Muf- fin w/ Jam Mandarin Oranges	14 WGR Snack Mix (WGR Cereal, Crack- ers) Melon WGR Bagel w/ Cream Cheese Pears	15 Yogurt & Pear Par- fait w/ WGR Oat Topping Chex Cereal Applesauce	16 WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits WGR Banana Bites Mandarin Oranges
20 WGR English Muff. w/ Jam Applesauce Cheese and Crack- ers Mandarin Oranges	21 WGR Bagel w/ Cream Cheese Peaches WGR Snack Mix Applesauce	22 Yogurt Peaches Cheerios Pineapple Tidbits	23 WGR Zucchini Muf- fin Pears WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges
27 Cheerios Applesauce WGR Bagel w/ Cream Cheese Pears	28 WGR Snack Mix (WGR Cereal, Crack- ers) Bananas Yogurt Pineapple Tidbits	29 WGR Banana Bites Pears Cheese and Crackers Applesauce	30 WGR Bagels w/ Cream Cheese Peaches WGR Zucchini Muffin Mandarin Oranges

"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.

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

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

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

## Kitchen Helpers!

The best way to teach your child about healthy eating is to cook and eat together!

Bring your small child into the kitchen with you. Remember: safety first! Keep young children way from hot stoves, sharp knives and electric appliances.

Children who help choose, wash and cook new foods are more likely to try them. Don't forget to praise your child often and tell him how proud you are of his hard work! Have fun!!!

## Let Your Child Help You:

Wash fruits and vegetables!

Tear lettuce into small pieces for a salad!

Mash potatoes, squash, or root vegetables!



Peel fruits and hard boiled eggs!

Stir batter in a bowl!!