

# January 2026 EHS 1-3 Breakfast and Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



| Tuesday   | Wednesday  | Thursday  | Friday  |
|---|--|---|---|
| <b>6</b><br><b>Cheerios Peaches</b><br><hr/> Cheese and Crackers<br>Pineapple Tidbits                     | <b>7</b><br><b>Yogurt &amp; Pear Parfait w/ WGR Oat Topping Pears</b><br><hr/> WGR Graham Crackers<br>Applesauce | <b>8</b><br><b>WGR Blueberry Muffin Bananas</b><br><hr/> Kix Cereal<br>Mandarin Oranges             | <b>9</b><br><b>WGR Bagel w/ Cream Cheese Pineapple Tidbits</b><br><hr/> WGR Blueberry Muffins<br>Applesauce           |
| <b>13</b><br><b>Kix Cereal Peaches</b><br><hr/> WGR English Muffin w/ Jam<br>Mandarin Oranges             | <b>14</b><br><b>WGR Snack Mix (WGR Cereal, Crackers) Melon</b><br><hr/> WGR Bagel w/ Cream Cheese Pears          | <b>15</b><br><b>Yogurt &amp; Pear Parfait w/ WGR Oat Topping</b><br><hr/> Chex Cereal<br>Applesauce | <b>16</b><br><b>WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits</b><br><hr/> WGR Banana Bites<br>Mandarin Oranges |
| <b>20</b><br><b>WGR English Muffin w/ Jam Applesauce</b><br><hr/> Cheese and Crackers<br>Mandarin Oranges | <b>21</b><br><b>WGR Bagel w/ Cream Cheese Peaches</b><br><hr/> WGR Snack Mix<br>Applesauce                       | <b>22</b><br><b>Yogurt Peaches</b><br><hr/> Cheerios<br>Pineapple Tidbits                           | <b>23</b><br><b>WGR Zucchini Muffin Pears</b><br><hr/> WGR Soft Pretzel w/ Honey Mustard<br>Mandarin Oranges          |
| <b>27</b><br><b>Cheerios Applesauce</b><br><hr/> WGR Bagel w/ Cream Cheese Pears                          | <b>28</b><br><b>WGR Snack Mix (WGR Cereal, Crackers) Bananas</b><br><hr/> Yogurt<br>Pineapple Tidbits            | <b>29</b><br><b>WGR Banana Bites Pears</b><br><hr/> Cheese and Crackers<br>Applesauce               | <b>30</b><br><b>WGR Bagels w/ Cream Cheese Peaches</b><br><hr/> WGR Zucchini Muffin<br>Mandarin Oranges               |

## 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 away 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!



"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.

This institution is an equal opportunity provider.