

# January 2026 EHS 6-11m Breakfast and Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



Tuesday	Wednesday	Thursday	Friday
6 Infant Cereal Peaches Diced Cheese and Crackers Pineapple Tidbits	7 Cottage Cheese Pears Cheerios Applesauce	8 Yogurt Bananas Chex Cereal Mandarin Oranges	9 Diced Cheese Cheerios Pineapple Tidbits WGR Blueberry Muf- fins Applesauce
13 Infant Cereal Peaches WGR Goldfish Crackers Mandarin Oranges	14 Cottage Cheese Diced Melon Cheerios Pears	15 Yogurt Pears Chex Cereal Applesauce	16 Diced Hardboiled Egg Chex Cereal Pineapple Tidbits WGR Banana Bites Mandarin Oranges
20 Infant Cereal Applesauce Diced Cheese and Crackers Mandarin Oranges	21 Cottage Cheese Peaches Chex Cereal Applesauce	22 Yogurt Peaches Cheerios Pineapple Tidbits	23 Diced Cheese WGR Zucchini Muffin Pears Diced Cheese and Crackers Mandarin Oranges
27 Infant Cereal Applesauce WGR Goldfish Crackers Pears	28 Cottage Cheese Bananas Cheerios Pineapple Tidbits	29 Yogurt Peaches WGR Zucchini Muffin Mandarin Oranges	30 Diced Hardboiled Egg WGR Banana Bites Pears Diced Cheese and Crackers Peaches

"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!