

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



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



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

## 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.