

January 2026 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 WGR Graham Crackers Applesauce	8 WGR Blueberry Muffin Bananas Kix Cereal Mandarin Oranges	9 WGR Bagel w/ Cream Cheese Pineapple Tidbits WGR Blueberry Muffins Mini Apples
13 Kix Cereal Peaches WGR English Muffin w/ Sun Butter Mandarin Oranges	14 WGR Snack Mix (WGR Cereal, WGR Crackers, Dried Fruit) Melon WGR Bagel w/ Cream Cheese Pears	15 Yogurt & Pear Parfait w/ WGR Oat Topping Chex Cereal Applesauce	16 WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits WGR Banana Bites Tropical Fruit
20 WGR English Muff. w/ Sun Butter Mini Apples Cheese and Crackers Mandarin Oranges	21 WGR Bagel w/ Cream Cheese Tropical Fruit WGR Snack Mix Applesauce	22 Yogurt Peaches Cheerios Pineapple Tidbits	23 WGR Zucchini Muffin Pears WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges
27 Cheerios Applesauce WGR Bagel w/ Cream Cheese Pears	28 Deluxe Snack Mix (WGR Cereal, Crackers, Dried Fruit) Bananas Yogurt Mini Apples	29 WGR Banana Bites Pears Cheese and Crackers Mini Apples	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% whole grains.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

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!